

Family Decision-Making Worksheet

Instructions: Complete the following form as honestly as you can. Do not answer in the way you feel other individuals in your family would like you to answer, just put your honest feelings. Each family member should complete the form independently. After each family member is finished, discuss your answers in family therapy.

<p>Students answer the form about <i>themselves</i>. Parents answer according to their thoughts about <i>their daughter</i>.</p> <p>Example: “What clothes I wear” is referencing decisions around clothes the daughter wears.</p>		<p>Key:</p> <ol style="list-style-type: none"> 1. Completely the teenager’s decision 2. Teenager decision with parent input 3. Parent decision with teenager input 4. Complete the parent’s decision 			
1.	What clothes I wear	1	2	3	4
2.	How I wear my hair	1	2	3	4
3.	When I take a shower/brush teeth/other hygiene	1	2	3	4
4.	When I go to bed	1	2	3	4
5.	What food I eat	1	2	3	4
6.	What hobbies and interests I have	1	2	3	4
7.	Who my friends are	1	2	3	4
8.	Whether I have a girlfriend/boyfriend, and who it is	1	2	3	4
9.	When I see my friends	1	2	3	4
10.	When I see my girlfriend/boyfriend	1	2	3	4
11.	Whether or not I am sexually active	1	2	3	4
12.	The clothes I purchase/wear	1	2	3	4
13.	The way I do my make-up/hair	1	2	3	4
14.	My curfew time	1	2	3	4
15.	When I get my driver’s license	1	2	3	4
16.	Whether I get my own car	1	2	3	4

17.	Who pays for my car and insurance	1	2	3	4
18.	When I get to drive my car/family car	1	2	3	4
19.	Who puts gas in the car I drive	1	2	3	4
20.	Whether I get a job and where/when	1	2	3	4
21.	What hours I work	1	2	3	4
22.	How much personal money I spend	1	2	3	4
23.	Spending money on small purchases	1	2	3	4
24.	Spending money on large purchases	1	2	3	4
25.	Whether I participate in family outings	1	2	3	4
26.	How I spend time on family outings	1	2	3	4
27.	How I spend my free time	1	2	3	4
28.	When I visit with relatives/family friends	1	2	3	4
29.	Whether I go to school	1	2	3	4
30.	What school subjects I take/drop	1	2	3	4
31.	What grades I make	1	2	3	4
32.	When I study and do homework	1	2	3	4
33.	What school I attend	1	2	3	4
34.	Whether I have tutoring for school	1	2	3	4
35.	Whether I graduate or get a GED	1	2	3	4
36.	Cleanliness of my room	1	2	3	4
37.	Whether I have household chores	1	2	3	4
38.	What my chores are	1	2	3	4
39.	When I complete my chores	1	2	3	4

40.	Whether I follow household rules	1	2	3	4
41.	When consequences are used	1	2	3	4
42.	The types of consequences used	1	2	3	4
43.	How I spend my summer	1	2	3	4
44.	Whether or not I receive an allowance	1	2	3	4
45.	How I earn my allowance	1	2	3	4
46.	Whether I obey the law	1	2	3	4
47.	Whether I attend therapy sessions	1	2	3	4
48.	Whether I attend religious/spiritual services	1	2	3	4
49.	The type of religious or spiritual observance	1	2	3	4
50.	When I move away from home	1	2	3	4
51.	When I use TV/electronics/social media	1	2	3	4
52.	Time I spend on TV/electronics/social media	1	2	3	4
53.	What I post online	1	2	3	4
54.	What types of movies I watch	1	2	3	4
55.	What music I listen to	1	2	3	4
56.	What music is listened to in the car	1	2	3	4
57.	Whether I get piercings and where on my body	1	2	3	4
58.	Whether I get a tattoo	1	2	3	4
59.	Whether I smoke or drink alcohol	1	2	3	4
60.	Whether I use other substances	1	2	3	4
61.	Whether I go to recovery meetings	1	2	3	4
62.	Whether I have a sponsor	1	2	3	4

63.	Whether I continue education after high school	1	2	3	4
64.	Where I further my education (type of school)	1	2	3	4
65.	What I study in my higher education	1	2	3	4
66.	Choices made while away at school (post-high school)	1	2	3	4
67.	<i>Other?</i>	1	2	3	4
68.	<i>Other?</i>	1	2	3	4
69.	<i>Other?</i>	1	2	3	4
70.	<i>Other?</i>	1	2	3	4

- Are there any items where a family member chose a 1 or a 4? If so, discuss feelings and reasoning's.
- In the case of a family with multiple children, how would some of these answers change depending upon which child was being referred to? According to child age?
- Parents: How would answers potentially change when your daughter has shown consistency in growth and judgment post-discharge for a period of 2 months? 6 months? 1 year?
- Parents: What would need to happen for you to develop more trust in your daughter's decision making?
- Daughters: What would need to happen for you to trust your parents more and allow them more influence?