

COPING STYLES ASSESSMENT

Quick Check

FAMILY OF ORIGIN ROLES

The below mentioned roles are the most often seen roles in dysfunctional families. Look at each role and determine which one you were most like as a child.

Instructions:

1. Put a check in the left hand column if you believe you experienced this Family of Origin Role as a child. You can check more than one box.
2. Pick the Family of Origin Role that was **most true** for you and put the word '**PRIMARY**' in the column to the right. **You can only have ONE primary Family of Origin Role checked.**
3. Pick the Family of Origin Role that was **second most true** for you and put the word, '**SECONDARY**' in the column to the right. **You can only have one secondary Family of Origin Role checked.**

Check	Family of Origin Roles	Primary and Secondary Role
	THE ENABLER: The Enabler tries to keep everyone 'fixed'. He constantly helps others to continue in their irresponsibility by rescuing or saving them in some way.	
	LITTLE PRINCE(SS): The Little Prince(ss) often takes on the role of the opposite sex spouse. This child ends up fulfilling the needs of the opposite sex spouse and does not really have a chance at living out their childhood.	
	THE ADJUSTER: The Adjuster agrees with everyone and adapts to every situation. They are extremely flexible and spontaneous.	
	THE SCAPEGOAT: The Scapegoat diverts attention from the family by getting into trouble.	
	THE LOST CHILD: The Lost Child hides out, tries not to make waves, draws attention by non-presence.	
	THE MASCOT: The Mascot lessens tension in the family by being funny or cute.	
	THE HERO: The Hero tries to make the family look good by achieving success in school or work.	
	THE PLACATER: The Placater tries to reduce conflict in the family by smoothing things over.	
	THE BOSS: The Boss attempts to maintain control so that he can do what he believes needs to be done. He wants to be in charge and will make others miserable when he is not.	

My Primary Family of Origin Role is: _____

My Secondary Family of Origin Role is: _____

GO TO THE NEXT PAGE TO CONTINUE THE ASSESSMENT!

CODEPENDENCY ROLES

Instructions:

1. Do you exhibit this codependency role more often than normal? If so, put a check in the column on the left.
2. For every codependency that you checked on the left look to the right and select the motivation that appears to be most true for you. Some motivations are already selected (usually only one motivation for that codependency), others have two to three possibilities. You can only check one motivation per codependency so choose the one that is mostly true for you.

Check	CODEPENDENCY ROLE	Primary Motivation
	TAP DANCER: The Tap Dancer finds it difficult to commit to a relationship or to anything else for that matter.	Avoidant
	PERFECTIONIST: The Perfectionist has a great deal of difficulty completing things, dealing with people, etc. because everything has to be done a certain way to be acceptable.	Check Only One! ___ Control: Self-Oriented OR ___ Accommodating Other-Oriented
	MARTYR: The Martyr believe that life should be a struggle. As a result, Martyrs often find themselves in situations where they are in pain.	Check Only One! ___ Control Self-Oriented ___ Avoidant OR ___ Accommodating Other-Oriented
	WORKAHOLIC: The Workaholic has an unhealthy attitude towards achievement. They will often overwork so that they can feel better about their accomplishments.	Check Only One! ___ Avoidant OR ___ Accommodating Other-Oriented
	PEOPLE PLEASER: The People Pleaser bases his self-esteem on how well he pleases or keeps other people happy.	Accommodating Other-Oriented
	CARETAKER: The Caretaker prevents the dysfunctional person from experiencing the consequences of his behavior. Caretakers often breed dependence in others.	Check Only One! ___ Control Self-Oriented OR ___ Accommodating Other-Oriented

	STUMP: The Stump has a tendency to escape or isolate whenever there are any problems to deal with.	Avoidant
	LOVE CHILD: The Love Child is addicted to love. They love too much and as a result their self-esteem is based much on whether or not they are loved.	Accommodating Other-Oriented
	COMIC: The Comic often lessens tension at home, work and play by being funny or cute. Often the Comic uses humor to avoid responsibility, pain, conflict or any other negative emotion or event.	Avoidant
	CONTROLLER: The Controller is extremely controlling in his personal relationships. Everything has to be done his way or with his permission.	Control: Self-Oriented
	GOD PLAYER: The God Player is extremely sensitive to others and often believes that they are responsible for much of what goes on around him.	Accommodating Other-Oriented
	REBEL: This Rebel is often a person who is openly (sometimes passively) defiant or rebellious as an adult.	Check Only One! ___Avoidant OR ___Accommodating Other-Oriented

GO TO THE NEXT PAGE TO CONTINUE THE ASSESSMENT!

UNHEALTHY COMMUNICATION STYLES

Instructions:

1. Do you exhibit any of the below unhealthy communication styles? If so, put a check in the column on the left.
2. For each unhealthy communication style that you checked on the left look to the right and **select the motivation that appears to be most true for you**. Some motivations are already selected (usually only one motivation for that communication), others have two possibilities. You can only check one motivation per communication style so choose the one that is mostly true for you.

Determination of Motivational Type Predominance

	CODEPENDENT COMMUNICATION STYLE	Primary Motivation
	THE PLACATER: The Placater is a "yes man". He rarely if every says, "no" to anyone. When he does he feels guilty.	Guilt/Shame: Other-Oriented
	THE BLAMER: The Blamer rarely takes responsibility for his actions. He constantly blames others for anything negative that happens.	___ Control: Self-Oriented OR ___ Avoidant
	THE COMPUTER: The Computer is a person of extreme logic. Emotions are expressions of weakness so they are not to be allowed.	___ Control: Self-Oriented OR ___ Avoidant
	THE DISTRACTER: The Distracter is the master politician. You can never get a straight answer out of him. He only reveals what he wants to reveal, when he wants to reveal it.	Avoidant

Look back at your codependency's and at your communication styles. Based on what you see and what you believe about yourself which codependency/communication motivation is the most powerful or predominant for you as you relate with others? **Keep in mind that you can only check one of the two statements below.**

HINT: Look to see if you have multiple codependency and communication types that are Self-Oriented or Other-Oriented. Chances are that the type that has the most motivations is also your predominant motivation. Three Other-Oriented vs one Self-Oriented suggests Other-Oriented would be predominant. This is not absolute, but can be helpful in making the decision.

Put a check below identifying which is most predominant.

___ Self-Oriented Codependency (You must have at least one Self-Oriented Codependency/Communication Style identified in the assessment to check this).

OR

___ Other-Oriented Codependency (You must have at least one Other-Oriented Codependency/Communication Style identified in the assessment to check this).

NOTE: You **Do NOT** need to consider the **avoidant codependency or avoidant communication** for the above question!

GO TO THE NEXT PAGE TO CONTINUE THE ASSESSMENT!

UNHEALTHY FAMILY RULES

Instructions:

1. Place a checkmark in the first box to the right if it was a problem in your family of Origin (FOO).
2. Place a checkmark in the second box to the right if it is currently a problem for you.

FAMILY OF ORIGIN RULE	FOO	Current Day
THE RULE OF RIGIDITY: The Rule of Rigidity states that as the dysfunction becomes more predominant in the family, the family must become more rigid to compensate for the unpredictability.		
THE RULE OF SILENCE: The Rule of Silence calls for the family members to remain quiet about the dysfunction in the family.		
THE RULE OF DENIAL: The rule of denial calls for the family to deny the fact that unhealthy activities are occurring in the family.		
THE RULE OF ISOLATION: The rule of isolation calls for the family to avoid relationships with others. As the dysfunction becomes more predominant in the family, the family tends to isolate to keep others from finding out what is going on.		
THE RULE OF NON-EMOTION: The rule of non-emotion calls for family members to avoid talking about feelings. As problems occur it is important that no express how they feel about the issues. Any expression can trigger conflict.		
THE RULE OF TRIANGULATION: The rule of triangulation calls for family members to communicate to each other through a third party. As the family becomes more dysfunctional it becomes more painful to communicate directly.		
THE RULE OF UNATTAINABLE EXPECTATIONS: The rule of unattainable expectations puts expectations on family members that promote failure. As the inappropriate behaviors become more prevalent the need for someone in the family to make up for the inadequacies becomes pronounced.		
THE RULE OF OTHER FOCUS: The rule of other focus calls for family members to focus on the needs of others in hopes of having personal needs met. As the dysfunction progresses it becomes more and more difficult for individuals to communicate that personal needs are not being met.		
THE RULE OF BLIND TRUST: The rule of blind trust calls for family members to trust each other when reason to trust is in question. Parents communicate that they want their children to do one thing and act the opposite themselves.		
THE RULE OF SEXUAL SILENCE: The rule of sexual silence calls for family members to maintain silence about any sexual issues. Due to cultural and social avoidance coupled with dysfunctional family rules sex is rarely if ever talked about.		
THE RULE OF SERIOUSNESS: The rule of seriousness calls for family members to avoid fun and focus on life from a totally rational, objective view point. Parents communicate that they want their children to do one thing and act the opposite themselves.		
THE RULE OF PROJECTED BLAME: The Rule of Projected blame states that as the disease of alcohol or individual dysfunction becomes more predominant in the individual he must project the blame or become martyr. Due to the norm of under or over responsibility the individual has a tendency to carry shame that is unnecessary.		

You are finished.

Transfer your scores to the **Coping Styles Assessment Quick Check Summary Page** in order to see your scores on one page.

IMPORTANT: If you plan on purchasing the 80 plus page Genesis System for Self-Improvement Codebook through Amazon you will need this assessment data to determine exactly what issues you will want to address in your CODEBOOK. It is also essential that you have your four digit code so that you can purchase the CODEBOOK that is specific to your issues. There are sixteen basic CODEBOOKS and each one has some differences depending on the code that is represented. So, if you choose to order a CODEBOOK you must get the one that is specific to your four letter code.

This is a list of the most common codes:

HBOA, HBON, HBSA, HBSN, HUOA, HUON, HUSA, HUSN, RBOA, RBON, RBSA, RBSN, RUOA, RUON, RUSA, RUSN.

Workbooks may be available from your therapist or can be obtained through Amazon. Google amazon.com/author/russcrites or go to *amazon books* and type *F. Russell Crites, Jr.* to find the appropriate Codebook!

Coping Styles Assessment Quick Check Summary

Check here if no Role was Identified: _____

My Primary Family of Origin Role was: _____

My Secondary Family of Origin Role was: _____

Instructions:

1. Look back at the Codependency Roles and look to see what motivation you checked for each role. Put that in the graph below so that you can see how many of each types of codependency you have.
2. Look back at the Unhealthy Communication Styles and transfer each motivation you checked in the graph below also.

Check	Codependency	Other-Oriented Shame-Guilt Based	Self-Oriented Control Based	Avoidant Based
	Tap Dancer			X
	Perfectionist			
	Martyr			
	Workaholic			
	People Pleaser	X		
	Caretaker			
	Stump			
	Love Child	X		
	Comic			
	Controller		X	
	God Player			
	Rebel			
	Unhealthy Comm. Style			
	Distractor			X
	Computer			
	Blamer			
	Placater	X		

Instructions: Look back at the Unhealthy Family Rules chart. If the rule is **CURRENTLY** causing problems check YES below. If not, check NO!

Unhealthy Family Rule	Currently a Problem	Unhealthy Family Rule	Currently a Problem
Rigidity	___ Yes ___ No	Unattainable Expectations	___ Yes ___ No
Silence	___ Yes ___ No	Other Focus	___ Yes ___ No
Denial	___ Yes ___ No	Blind Trust	___ Yes ___ No
Isolation	___ Yes ___ No	Sexual Silence	___ Yes ___ No
Non-Emotion	___ Yes ___ No	Seriousness	___ Yes ___ No
Triangulation	___ Yes ___ No	Projected Blame	___ Yes ___ No

First Code Letter 1: If you identified a family of origin role that you experienced as a child put a H above the number 1 below. If you had no family of origin roles checked put an R above the number 1.

Second Code Letter 2: NOTE: Ignore avoidant codependency types for this!!!!

If you **ONLY** had Other-Oriented Codependency and/or Unhealthy Communication styles put an U **above** number 2.

If you **ONLY** had Self-Oriented Codependency and/or Unhealthy Communication styles put an U **above** the number 2.

If you had **BOTH** Other-Oriented and Self-Oriented Codependency and/or Unhealthy Communication styles put a **B** above number 2.

Third Code Letter 3: Look back at the **Determination of Motivational Type Predominance** question below the Codependency Roles. Did you check **Other-Oriented** or **Self-Oriented** as being more predominant motivation for you. If it was **Self-Oriented** put an **S** in the number 3 spot. If it was **Other-Oriented**, put an **O** in the number 3 spot.

Fourth Code Letter 4: If you have any **Avoidant Codependency** or **Avoidant Unhealthy Communication styles** put an **A** in the last spot (4). If you have **no Avoidant Codependency's** or **Avoidant Communication styles** put an **N** on the last spot (4).

Your Person Treatment Code is:

1 2 3 4

If you have a blank spot in spot 2 and 3 you would not benefit from the Codebook. If you have an A (avoidance) in the fourth spot you might benefit from the **Assertiveness, Boundaries and Conflict Management workbook**.