



## INDEX OF FAMILY RELATIONS (IFR)

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

This questionnaire is designed to measure the way you feel about your family as a whole. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

- 
1. \_\_\_\_ The members of my family really care about each other.
  2. \_\_\_\_ I think my family is terrific.
  3. \_\_\_\_ My family gets on my nerves.
  4. \_\_\_\_ I really enjoy my family.
  5. \_\_\_\_ I can really depend on my family.
  6. \_\_\_\_ I really do not care to be around my family.
  7. \_\_\_\_ I wish I was not part of this family.
  8. \_\_\_\_ I get along well with my family.
  9. \_\_\_\_ Members of my family argue too much.
  10. \_\_\_\_ There is no sense of closeness in my family.
  11. \_\_\_\_ I feel like a stranger in my family.
  12. \_\_\_\_ My family does not understand me.
  13. \_\_\_\_ There is too much hatred in my family.
  14. \_\_\_\_ Members of my family are really good to one another.
  15. \_\_\_\_ My family is well respected by those who know us.
  16. \_\_\_\_ There seems to be a lot of friction in my family.
  17. \_\_\_\_ There is a lot of love in my family.
  18. \_\_\_\_ Member of my family get along well together.
  19. \_\_\_\_ Life in my family is generally unpleasant.
  20. \_\_\_\_ My family is a great joy to me.
  21. \_\_\_\_ I feel proud of my family.
  22. \_\_\_\_ Other families seem to get along better than ours.
  23. \_\_\_\_ My family is a real source of comfort to me.
  24. \_\_\_\_ I feel left out of my family.
  25. \_\_\_\_ My family is an unhappy one.