

### Family Cohesion, Adaption, and Communication Assessment Scale

Families differ in the amount of flexibility, cohesion and communication. The statements below are intended to help you explore where your family lies along the cohesion and flexibility continuum. For each statement, choose the number that BEST corresponds with your perception. Think of your family at one particular point in your history (e.g., today or as an adolescent) and complete the questionnaire based on what you remember from that time.

1) In general, my family has:	a high level of separateness		more separateness than togetherness		more together than separateness		very high togetherness	
	1	2	3	4	5	6	7	8
2) In general, the "all for 1" vs. "all for we" balance is:	primarily 'all for 1'		more 'all for 1' than 'all for we'		more 'all for we' than 'all for 1'		primarily 'all for we'	
	1	2	3	4	5	6	7	8
3) In general, my family has:	little closeness		low to moderate closeness		moderate to high closeness		very high closeness	
	1	2	3	4	5	6	7	8
4) In general, my family:	lacks loyalty		has some loyalty		has considerable loyalty		has high loyalty	
	1	2	3	4	5	6	7	8
5) In general, activities in my family are:	mainly separate		more separate than shared		more shared than separate		mainly shared	
	1	2	3	4	5	6	7	8
6) In my family there is generally:	a high level of independence		more independence than dependence		more dependence than independence		a high level of dependence	
	1	2	3	4	5	6	7	8
<p>Add all of the numbers you have circled and divide by 6.            Write your total score here. 4.5_____ (Cohesion)</p>								

1) Leadership in my family is:	authoritarian		sometimes shared		often shared		lacking of leadership	
	1	2	3	4	5	6	7	8
2) Discipline in my family is:	strict		somewhat strict		democratic		lenient	
	1	2	3	4	5	6	7	8
3) Negotiation in my family is:	limited discussion		organized discussion		open discussion		endless discussion	
	1	2	3	4	5	6	7	8
4) Roles in my family are:	very stable		stable		shared		shifting dramatically	
	1	2	3	4	5	6	7	8
5) In my family, rules are:	unchanging		there are few rule changes		there are some rule changes		there are frequent rule changes	
	1	2	3	4	5	6	7	8
6) In my family there is:	very little change		some change		moderate change		considerable change	
	1	2	3	4	5	6	7	8

Add all of the numbers you have circled and divide by 6.

Write your total score here. 5.5\_\_\_\_(Flexibility)

1) In general, my family has:	poor listening skills		appears to listen but gives little feedback		listens and gives feedback	
	1	2	3	4	5	6
2) In my family, people:	often speak for others		speak for themselves more than others		speak mainly for themselves rather than for others	
	1	2	3	4	5	6
3) In my family, there is:	little sharing of feelings		a moderate amount of sharing feelings		a high amount of sharing feelings	
	1	2	3	4	5	6
4) In my family, messages tend to be:	inconsistent		Clear		very clear	
	1	2	3	4	5	6
5) My family:	seldom stays on topic		often stays on topic		mainly stays on topic	
	1	2	3	4	5	6
6) In my family there is:	a low-moderate level of respect for each other		a moderate-high level of respect for each other		a high level of respect for each other	
	1	2	3	4	5	6
<p>Add all of the numbers you have circled and divide by 6. *Note: You do not plot your communication score  Write your total score here. 4.8 _____ (Communication)</p>						

**Score Interpretation:**

Cohesion:

1-2 Disengaged  
3-4 Connected  
5-6 Cohesive  
7-8 Enmeshed

Flexibility:

1-2 Rigid  
3-4 Structured  
5-6 Flexible  
7-8 Chaotic

Communication:

1-2 Poor  
3-4 Good  
5-6 Very good

Compute your average score for each subscale (above - i.e. sum the numbers and divide by the number of questions in each subscale). Using the scores from the flexibility and cohesion scales, plot where your family falls on the Circumplex Model (i.e. find the point where these two dimensions cross on the model grid). From this plot point, determine how your family would be classified on the model (e.g. flexibly cohesive).