

QUESTIONS TO HELP YOU THINK ABOUT CULTURAL ASSESSMENT

*This is NOT, I repeat **NOT** intended to be nor appropriate as a questionnaire for use with clients!*

Please note: there are questions contained in this questionnaire regarding “parents.” Not everyone was raised by biological or adoptive parents. Feel free to adapt your answers based upon your primary caretakers and/or lived experience.

Name _____ How do you prefer to be addressed? _____

Does this preference depend on context? If so, explain: _____

Gender _____ Age _____ Date of Birth _____ Place of Birth _____
(city, state, country)

Who raised you? _____

Where were they born? _____

Name the people you consider members of your immediate family _____

Do you consider yourself close to your immediate family? _____ Extended family? _____

If the answer is “yes,” how is this closeness manifested? _____

Do you consult with family members about major decisions in your life? _____

Is there one family member whose counsel is most sought? _____

Would you consider any one person to be the “head of the family?” _____

How do your parents identify themselves ethnically? _____

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How do your parents identify themselves culturally? _____

Identify your family-of-origin's socioeconomic status and whether it is different from your grandparents' generation _____

How do you identify yourself ethnically? _____

How do you identify yourself culturally? _____

Can you identify the cultural roots of some of your family's traditions? Think not only about holidays, but also other events that occur in the family.

Do you feel a part of so-called mainstream culture? _____

What about your parents? _____

What is your primary language? _____ Other languages? _____

What language was primarily spoken in your family of origin at home? _____

Even if you are not currently active, what is your religious/spiritual background? _____

Did spiritual values figure into your family when you were growing up? _____

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Have you maintained your family's spiritual beliefs and practices? _____

If you have not, has this caused conflict between you and your family? _____

What spiritual practices and beliefs guide your life currently? _____

How many years have you lived in the US? _____ Have you ever lived in a country other than the US? _____ If so, where and for how long? _____

If you, your parents, or your grandparents immigrated to the US, how and with whom did you/they come to this country? _____

Where did you spend the first 15 years of your life? (list all the places) _____

Can you identify "regional values" that guided your growing up? _____

Was where you lived primarily urban or rural? _____

How do you think this affected you? _____

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List your parents' occupations (homemaking counts as an occupation) (if they are deceased, list their former occupations) _____

How much do you think your parents' occupations were influenced by cultural values? _____

If your parents' occupations were outside their cultural group(s) norms, how was this dealt with?

Consider your chosen occupation. Does it fit into your family's cultural system? How, or how not?

What is the highest level of education achieved by your parents? _____

Have you met your parents' educational level? _____ Exceeded it? _____

What importance does formal education hold in your family of origin's culture? _____

Do you feel as though you must be "careful" about the level of disclosure about your sexual orientation? _____

To what extent do you feel that your sexual orientation, whether you are gay, lesbian, bisexual or heterosexual, and gender identification is accepted by your family, friends, cultural group you identify with, professional circles, society in general? _____

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How have you been affected by this level of acceptance? (“Not affected” is an untrue response)

What is your partnership status? _____

* Do you have more than one romantic or marital relationship/partner currently or are you partnered with someone who has more than one romantic or marital relationship/partner?

If you are currently partnered, was the relationship arranged by family or others? _____

If you are currently partnered, is your partner of the same ethnic/cultural background as you are?

To what extent do you feel that you and your partner are accepted as a “unit” by your family, friends, professional circles, society in general? _____

How has this level of acceptance affected your life? _____

How does the cultural group you identify with approach childrearing, and does that approach vary according to gender? _____

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* How does the cultural group you identify with approach childbirth? _____

List some of the positive stereotypes held regarding the cultural or ethnic group you identify with: _____

List some of the negative stereotypes held regarding the cultural or ethnic group you identify with: _____

Do you identify with any of these stereotypes? Has your thinking about this changed over time?

How does the cultural or ethnic group you identify with now view other cultures & groups? Is interaction among different cultures and ethnics groups accepted? Promoted? _____

Do you have friends that belong to different cultural and ethnic groups? _____

How about friends from different socioeconomic groups? _____

Is this different from the values you grew up with? If so, think about what effect this difference has had on you and your important relationships. _____

* Do you identify as being a part of any subcultures? If so, what, if any, social and cultural
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identifiers that signal others that you are a part of these subcultures?

* Did your parents also identify with the above subcultures? If not, did they identify with any subcultures with which you do not or no longer identify?

Other thoughts about your cultural, ethnic, and socioeconomic class identity:
