

CENTEREDNESS SCALE (Family Section)

This scale can be used free of charge.

Directions: Please imagine the *home where you spent the most time as a child, the place that was the most influential or formative for your development*. Now, please also imagine the people that were part of that home. When you read the word “family” below, this should include all the people who spent the majority of time in this home. Using the scale below, please consider how true the following statements were while you were growing up.

1 - Never true

2 - Rarely true

3 - Sometimes true

4 - Often true

5 - Very often true (Higher scores = More centered)

When I was growing up:

1. After a bad day, I could count on my family to make me feel better
2. I felt like an outsider in my family (**reverse-scored: Very often true = 1 Never true = 5**)
3. **(M/D)** My home and family were perfect
4. When I came home at the end of a long day, I expected my home environment to feel tense or unpredictable (**reverse-scored: Very often true = 1 Never true = 5**)
5. I felt like my emotions were dismissed as incorrect (e.g., "You are overreacting") (**reverse-scored: Very often true = 1 Never true = 5**)
6. My family valued my input
7. I felt unnoticed when I was around my family (**reverse-scored: Very often true = 1, Never true = 5**)
8. **(M/D)** I felt completely satisfied with my home and my family
9. I was nervous that someone in my family would say or do something hurtful (**reverse-scored: Very often true = 1, Never true = 5**)

CENTEREDNESS (Parents Section)

Please answer the following questions about your parents (the adults in your home who were responsible for taking care of you while you were growing up) by selecting how much you disagree or agree with the following statements.

(For example, if the following statements were true of only one parent (or neither of your parents), but not both of your parents, then you might be inclined to agree less with the statements.)

- 1 – Strongly disagree
- 2 - Disagree
- 3 – Neither disagree nor agree
- 4 - Agree
- 5 – Strongly agree

When I was growing up:

1. I received enough one-on-one time with my parents
2. My parents were frequently and easily upset. (**reverse-scored: Very often true = 1, Never true = 5**)
3. When I was upset, I felt like my parents tried to find a way to be on my side
4. My parents believed that I made good choices
5. My parents pointed out positive things about me
6. My parents tried to understand how I was feeling by putting themselves in my shoes
7. It would hurt our relationship if I chose different views/beliefs (e.g. religious, political, etc.) than my parents (**reverse-scored: Very often true = 1, Never true = 5**)
8. I felt like my parents were happy to see me when I came home after being gone for the day

9. When I was upset, I felt like my parents couldn't handle my negative emotions (e.g., they left the room or told me I shouldn't feel that way) (**reverse-scored: Very often true = 1, Never true = 5**)
10. My parents mentioned ways they were proud of me to other people (e.g., family members, their friends, other adults, etc.)
11. My parents had views (religious, political, racial, cultural, etc.) that made me feel hesitant to express in front of others because I didn't agree with them, or I worried that others would not agree with them (**reverse-scored: Very often true = 1, Never true = 5**)