

Baggage Assessment

- My parents are divorced.
- I have a sibling or close friend who is divorced.
- My parents separated for a while.
- I was abused as a child (physical, verbal, emotional, or sexual).
- My parents fought often and spitefully.
- I was neglected as a child.
- My family was dysfunctional.
- My family moved frequently.
- My parents expected much and praised little.
- I've experienced the death of someone in my immediate family.
- Someone very close to me has committed suicide.
- Someone very close to me has experienced a prolonged, life-threatening illness or injury.
- My family experienced a time of grave financial crisis.
- Someone very close to me has experienced trauma (e.g., rape, bankruptcy, prolonged unemployment, accident, etc.)
- My family has a history of mental illness or emotional problems.
- I have a very strained relationship with my parents.
- I have a very strained relationship with my siblings.
- I struggle with self-esteem issues.
- I struggle with depression or anxiety.
- I struggle with anger.
- I bring sexual baggage to this marriage.
- I bring financial baggage to this marriage.
- I bring spiritual/religious baggage to this marriage.
- I bring physical/health baggage to this marriage.
- I bring unhealthy dependencies to this marriage (alcohol, drugs, overworking, eating disorders, etc.).