

Utilizing the Couple and Family Map

1. Use the Couple and Family Scales (**Table 1 and 2**) to describe **your family of origin or of procreation**, do the following:

- a. Review the six categories shown in the scales (**Table 1**) for assessing cohesion, flexibility, and communication.
- b. Using the rating scale (**Table 2**), rate your family on a scale of 1 to 8 for each of the categories in the three dimensions.
- c. To determine a global rating/total score for each dimension, review your selected number for each concept, add the total, and then divide by 6 to get the global rating. Record the score below, and indicate the level for each dimension (e.g., for cohesion, enter *disengaged*, *connected*, *cohesive*, or *enmeshed*).

- **Cohesion**

- Score: _____
- Level: _____

- **Flexibility**

- Score: _____
- Level: _____

- **Communication**

- Score: _____
- Level: _____

- d. Now, plot the scores for cohesion and flexibility onto the Couple and Family Map (**Table 3**) and identify the type of family system in which you are currently in based on where you feel on the map. *Remember you are not plotting communication, just cohesion and flexibility.

My Family System according to the Couple & Family Map is:
_____.