

The Jourard Parent-Cathexis Questionnaire

Below are listed a number of things characteristic of your mother and your father. Consider each item listed and encircle the number after each item which best represents your feelings toward that trait of your parent according to the following scale:

1: Have Strong Positive Feelings

Encircle a 1 for those aspects of the parent about which you feel proud or happy or which give you a pleasant feeling when you think about them. For example, if you feel happy about your mother's intelligence level, encircle the 1 after that item.

2: Have Moderate Positive Feelings

Encircle a 2 for those aspects of the parent about which you have some positive feeling but not as strong as that in category 1.

3: Have No Feeling One Way or the Other

Encircle a 3 for those aspects of the parent about which you have no feeling at all. For example, if you have no feeling at all about your mother's artistic talents (or lack of them) encircle the 3 after that item.

4: Have Moderate Negative Feelings

Encircle a 4 for those aspects of the parent about which you have some negative feeling but not as strong as that in category 5 (see below)

5: Have Strong Negative Feelings

Encircle a 5 for those aspects of the parent which you dislike very much or which cause you to feel unhappy when you think about them. For example, if you think that your mother is intolerant and this disturbs you when you think about it, or if you feel unhappy about this trait in your mother, encircle the 5 after that item.

Attitudes toward Mother (Father)
(check which parent you are rating)

- 1: Have strong positive feelings
- 2: Have moderate positive feelings
- 3: Have no feeling one way or the other
- 4: Have moderate negative feelings
- 5: Have strong negative feelings

Sense of humor 1 2 3 4 5

Degree of independence 1 2 3 4 5

Temper 1 2 3 4 5

Ability to express self 1 2 3 4 5

Self-understanding 1 2 3 4 5

Artistic talents 1 2 3 4 5

Tolerance of other's shortcomings 1 2 3 4 5

Moods 1 2 3 4 5

Extent of general knowledge 1 2 3 4 5

Imagination 1 2 3 4 5

Degree of popularity 1 2 3 4 5

Self-confidence 1 2 3 4 5

Ability to accept criticism 1 2 3 4 5

Memory 1 2 3 4 5

Thriftiness 1 2 3 4 5

Overall personality 1 2 3 4 5

Ability to concentrate 1 2 3 4 5

Procrastination 1 2 3 4 5

Degree of self-assertiveness 1 2 3 4 5

Ability to express sympathy 1 2 3 4 5

Sensitivity to others' feelings 1 2 3 4 5

Ability to lead 1 2 3 4 5

Ability to control impulses 1 2 3 4 5

Intelligence level 1 2 3 4 5

Athletic skills 1 2 3 4 5
Present degree of happiness 1 2 3 4 5
Creativeness 1 2 3 4 5
Love life at present 1 2 3 4 5
Sex appeal 1 2 3 4 5
Skill with hands 1 2 3 4 5
Gracefulness 1 2 3 4 5
Amount that he (she) worries 1 2 3 4 5

Capacity for work 1 2 3 4 5
Ability to discipline self 1 2 3 4 5
Vocabulary 1 2 3 4 5
Degree of suggestibility 1 2 3 4 5
Present strength of will power 1 2 3 4 5
Ability to make decisions 1 2 3 4 5
Degree of self-consciousness 1 2 3 4 5

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