

SAFE

The *Systemic Assessment of the Family Environment* (SAFE) self-report instrument was developed by Dr. Lynelle C. Yingling in 1991, concurrently with initial work with the GARF at the East Texas State University [now Texas A&M University – Commerce] doctoral family therapy training clinic. However, the contents were not intentionally modeled after the GARF. The instrument had been evolving over the previous 2 years, based originally on dissertation research using the FACES III. After using the SAFE and GARF together, we began identifying parallel constructs which were useful in clinical work. Both are designed to be global assessments which are very user friendly and yet provide a clear immediate intervention direction, considering both the outsider and insider perspectives. Copies of the instrument versions with scoring sheet are included for printing and use. Please share any research results with Dr. Yingling at Lynelle@SystemsMediation.com or fax 972-772-3669; 570 E. Quail Run Rd, Rockwall, TX 75087-7321; ph 972-771-9985.

Description.—The SAFE is designed to measure three relational subsystem levels of the family system functioning using two system functioning factors for each subsystem level. Scores can be graphed indicating the family's organizational and interactional strengths by plotting each pair of scores in one of four categories: competent, discordant, disoriented, or chaotic. The SAFE can be utilized if one, two, or three subsystem levels are completed by calculating a mean score for whichever levels are appropriately used by family members. The original version included directions for marking each item with an "X" for present functioning and an "O" for desired functioning. These directions seemed to be too confusing for family members to complete and directions were changed. The intent was that marking with an "X" for how the family member thinks it is now and with an "O" for how the family member would like it to be would give clear family goal directedness for the therapist to explore. This difference in perspective score could be considered a satisfaction score, or perhaps an assessment of the emotional climate of the system for meeting needs. Unfortunately, the dual scoring of items did not seem to produce reliable results.

The three subsystem levels of family system functioning assessed are the

- A. Dyadic marital/executive subsystem [spouses or former spouses or spousal substitutes with each other],
- B. Parent-child subsystem [parents or parent substitutes with children], and
- C. Extended family subsystem [each spouse with that spouse's respective "former parents"].

The two factors assessed under each subsystem level are the

- I. Organizational structure** [the last question under each subsystem level on the instrument]
 - A. Egalitarian marital/executive subsystem
 - B. Parental hierarchy in the nuclear family system
 - C. Egalitarian power structure in the adult extended family system [parent firing or personal authority or differentiation of self status]
- II. Interactional processes** [the first six questions under each subsystem level on the instrument]
 - A. *Process* of how family members
 - 1. talk – self disclose
 - 2. listen – hear other disclosure
 - 3. understand – get through to each other
 - B. *Product* of communication process resulting in the appropriate ability to
 - 1. connect – join together
 - 2. release – allow change and individuality
 - 3. support – provide appropriate level of supportiveness without suffocation

The categories of functioning identified on the plotted scoring graph are

- 1. Competent: strong organizational structure + strong interactional processes
- 2. Discordant: strong organizational structure + weak interactional processes
- 3. Disoriented: weak organizational structure + strong interactional processes
- 4. Chaotic: weak organizational structure + weak interactional processes

If a client family scoring results in a Competent rating, perhaps the family has many strengths within the family system but is experiencing an overwhelming level of stress at the moment. They may benefit from brief solution-focused therapy or supportive narrative therapy. Or this high self-report rating could indicate a need to create a false impression of the family functioning by "therapy-sophisticated" clients. Discrepant ratings by different family members can be very

helpful in providing clues about reality. Families with ***Discordant*** ratings may respond well to behavioral communication skill building interventions since their organizational structures seem to be appropriate. Some families (***Disoriented*** ratings) may have effective interactional processes which unfortunately perpetuate ineffective organizational structures. Structural family therapy interventions may be helpful to their reorganization of the family hierarchy in the needed subsystems. Families in the ***Chaotic*** category may have significant weaknesses in the family's organizational structure as well as ineffective interactional processes which are necessary to negotiate a change in the structure. Strategic interventions which are more directive may be necessary before extended/nuclear family structural or dyadic behavioral interventions will be helpful.

Instrument formats.—The SAFE is a one-page instrument for each family member to complete with 21 semantic differential pairings to mark with an “X” on a continuum line indicating the closeness to one of the pairs. Three different versions are designed to be answered by members of the three different generations in the family system respectively. The family member identification at the bottom of the page indicates which family member is completing the form. The wordings on the A, B, and C headings also indicate which generation that particular version fits. Be sure to hand the correct version to each family member to avoid confusion. A Spanish translation is included for all three versions.

A newly developed version is designed for step families. This version is especially useful in working with families in remarried conflict situations. A copy for parents and children has been included.

The cartoon version can be used with children under the age of 10 to select which picture looks most like your family now and explain why. Results can be globally compared with scored results of other family members. The cartoon assessment also provides a very effective discussion tool with children to begin exploring the child's perception of family functioning.

Scoring.—The fully completed instrument results in 21 numbers with three subsystem scores and a total family system score to use in analyzing results. The enclosed graph with instructions guides the therapist/researcher in calculating the scores for each of the three subsystem levels [A/B/C] on the two factors [organizational and interactional]. Blanks in the bottom left of the page provide a worksheet for recording the numbers to be plotted on the graph above. The attached Assigned Weights form can be put on a transparency to facilitate quick calculations of scores. The combined first six items under each level [the interactional score] have been assigned numbers to equal the weight of the seventh item [organizational score]. A total family SAFE score can be calculated by averaging the level scores of each member first and then by averaging the combined interactional and organizational scores for the family (dividing the total combined score by the number of family members completing).

The bottom right corner of the scoring sheet includes a place for GARF scores to be recorded for correlational studies of the SAFE and GARF. Data are also readily available from the scoring sheet for correlating the GARF subscores on interactional processes, organizational structure, and emotional climate with the SAFE interactional and organizational scores. Further research may reveal that questions 4, 5, and 6 combined under each level represent a closer correlation with the emotional climate score of the GARF rather than being a part of the interactional score. The SAFE instrument is in experimental stage for research purposes.

However, the straight-forward profile scoring provides an instantly useable tool for clinical intervention planning, as the clinician can glance at the results and immediately identify areas of concern for the family member completing. These concerns can be assessed further during the initial session interview.

Enclosed for your use are the following:

- ☐ Parent standard form
- ☐ Child standard form
- ☐ Grandparent standard form
- ☐ Parent/Stepparent adult form
- ☐ Parent/Stepparent child form
- ☐ Spanish parent standard form
- ☐ Spanish child standard form
- ☐ Spanish grandparent standard form
- ☐ Weighting chart for scoring
- ☐ Scoring graph
- ☐ Cartoon version

Systemic Assessment of the Family Environment [SAFE]

by Lynelle C. Yingling, PhD

Directions: For each of the descriptions below, mark a response describing relationships in your family now: place an X anywhere along the line showing whether you think the relationship is more like the description on the left or the description on the right. Think of your family and how you all relate to each other when problems come up.

X = as it is now when we are under stress

ADULT VERSION

A. Me and My Spouse/Ex-Spouse/Partner

share openly with each other ____/____/____/____/____ keep many secrets from each other

listen to each other ____/____/____/____/____ never listen to each other

understand each other well ____/____/____/____/____ always misunderstand each other

work together with each other ____/____/____/____/____ work against each other

try new ways when one doesn't work ____/____/____/____/____ never change the way to solve problems

support each other ____/____/____/____/____ abandon each other

both work together equally ____/____/____/____/____ one controls & the other submits

B. Me and My Kids

free to tell anyone anything ____/____/____/____/____ keep a lot of secrets from each other

when I talk, someone listens ____/____/____/____/____ no one seems to listen to me

everyone understands when we talk about things ____/____/____/____/____ no one understands what to do after we've talked

family members work together as a team ____/____/____/____/____ we seem to be playing on different teams

when one way doesn't work, we try another ____/____/____/____/____ we never try new ways to solve problems

everyone feels extra support when they need it ____/____/____/____/____ everyone feels abandoned when they really need support

parents are ultimately in charge in this family ____/____/____/____/____ kids seem to have more control than parents

C. Me and My Own Parents

tell each other important things ____/____/____/____/____ keep many important secrets from one another

listen to each other respectfully ____/____/____/____/____ always butt in or ignore each other

get across well to each other ____/____/____/____/____ never seem to understand each other

work together when necessary ____/____/____/____/____ fight when cooperation is needed

try new ways to solve problems ____/____/____/____/____ do it the way it was always done

there for each other when really needed ____/____/____/____/____ always in the way or never there when needed

treat each other as adults ____/____/____/____/____ act like parents and children

Please circle which family member you are:

mother /wife father /husband other: _____

Date of completion: _____

Systemic Assessment of the Family Environment [SAFE]

by Lynelle C. Yingling, PhD

Directions: For each of the descriptions below, mark a response describing relationships in your family now: place an X anywhere along the line showing whether you think the relationship is more like the description on the left or the description on the right. Think of your family and how you all relate to each other when problems come up.

X = as it is now when we are under stress

CHILD VERSION

A. My Parents/Stepparents

share openly with each other ____/____/____/____/____ keep many secrets from each other
 listen to each other ____/____/____/____/____ never listen to each other
 understand each other well ____/____/____/____/____ always misunderstand each other
 work together with each other ____/____/____/____/____ work against each other
 try new ways when one doesn't work ____/____/____/____/____ never change the way to solve problems
 support each other ____/____/____/____/____ abandon each other
 both work together equally ____/____/____/____/____ one controls & the other submits

B. Me and My Parents/Stepparents

free to tell anyone anything ____/____/____/____/____ keep a lot of secrets from each other
 when I talk, someone listens ____/____/____/____/____ no one seems to listen to me
 everyone understands when we talk about things ____/____/____/____/____ no one understands what to do after we've talked
 family members work together as a team ____/____/____/____/____ we seem to be playing on different teams
 when one way doesn't work, we try another ____/____/____/____/____ we never try new ways to solve problems
 everyone feels extra support when they need it ____/____/____/____/____ everyone feels abandoned when they really need support
 parents are ultimately in charge in this family ____/____/____/____/____ kids seem to have more control than parents

C. My Parents & Grandparents

tell each other important things ____/____/____/____/____ keep many important secrets from one another
 listen to each other respectfully ____/____/____/____/____ always butt in or ignore each other
 get across well to each other ____/____/____/____/____ never seem to understand each other
 work together when necessary ____/____/____/____/____ fight when cooperation is needed
 try new ways to solve problems ____/____/____/____/____ do it the way it was always done
 there for each other when really needed ____/____/____/____/____ always in the way or never there when needed
 treat each other as adults ____/____/____/____/____ act like parents and children

Please circle which family member you are:

daughter son other: _____

Date of completion: _____

Systemic Assessment of the Family Environment [SAFE]

by Lynelle C. Yingling, PhD

Directions: For each of the descriptions below, mark a response describing relationships in your family now: place an X anywhere along the line showing whether you think the relationship is more like the description on the left or the description on the right. Think of your family and how you all relate to each other when problems come up.

X = as it is now when we are under stress

A. My Grown Child & His/Her Spouse/Ex-Spouse/Partner

share openly with each other ____/____/____/____/____ keep many secrets from each other

listen to each other ____/____/____/____/____ never listen to each other

understand each other well ____/____/____/____/____ always misunderstand each other

work together with each other ____/____/____/____/____ work against each other

try new ways when one doesn't work ____/____/____/____/____ never change the way to solve problems

support each other ____/____/____/____/____ abandon each other

both work together equally ____/____/____/____/____ one controls & the other submits

B. My Grandchild/ren & Their Parent/s

free to tell anyone anything ____/____/____/____/____ keep a lot of secrets from each other

when I talk, someone listens ____/____/____/____/____ no one seems to listen to me

everyone understands when we talk about things ____/____/____/____/____ no one understands what to do after we've talked

family members work together as a team ____/____/____/____/____ we seem to be playing on different teams

when one way doesn't work, we try another ____/____/____/____/____ we never try new ways to solve problems

everyone feels extra support when they need it ____/____/____/____/____ everyone feels abandoned when they really need support

parents are ultimately in charge in this family ____/____/____/____/____ kids seem to have more control than parents

C. Me & My Grown Child

tell each other important things ____/____/____/____/____ keep many important secrets from one another

listen to each other respectfully ____/____/____/____/____ always butt in or ignore each other

get across well to each other ____/____/____/____/____ never seem to understand each other

work together when necessary ____/____/____/____/____ fight when cooperation is needed

try new ways to solve problems ____/____/____/____/____ do it the way it was always done

there for each other when really needed ____/____/____/____/____ always in the way or never there when needed

treat each other as adults ____/____/____/____/____ act like parents and children

Please circle which family member you are:

grandmother grandfather other: _____

Date of Completion: _____

Systemic Assessment of the Family Environment [SAFE]

by Dr. Lynelle C. Yingling, LMFT

Directions: For each of the descriptions below, mark a response describing relationships in your family now: mark anywhere along the line showing whether you think the relationship is more like the description on the left or the description on the right. Think of your family now and how you all relate to each other when problems come up. If the parent of your child/ren in B. is not your current spouse, mark A. with both "S" and "P".

ADULT VERSION

A. Me and My Current Spouse [mark with "S"] / Former Spouse or Partner [mark with "P"]

share openly with each other ____/____/____/____/____ keep many secrets from each other
listen to each other ____/____/____/____/____ never listen to each other
understand each other well ____/____/____/____/____ always misunderstand each other
work together with each other ____/____/____/____/____ work against each other
try new ways when one doesn't work ____/____/____/____/____ never change the way to solve problems
support each other ____/____/____/____/____ abandon each other
both work together equally ____/____/____/____/____ one controls & the other submits

B. Me and My Kids [mark with "X"]

free to tell anyone anything ____/____/____/____/____ keep a lot of secrets from each other
when I talk, someone listens ____/____/____/____/____ no one seems to listen to me
everyone understands when we talk about things ____/____/____/____/____ no one understands what to do after we've talked
family members work together as a team ____/____/____/____/____ we seem to be playing on different teams
when one way doesn't work, we try another ____/____/____/____/____ we never try new ways to solve problems
everyone feels extra support when they need it ____/____/____/____/____ everyone feels abandoned when they really need support
parents are ultimately in charge in this family ____/____/____/____/____ kids seem to have more control than parents

C. Me and My Own Parents [mark with "X"]

tell each other important things ____/____/____/____/____ keep many important secrets from one another
listen to each other respectfully ____/____/____/____/____ always butt in or ignore each other
get across well to each other ____/____/____/____/____ never seem to understand each other
work together when necessary ____/____/____/____/____ fight when cooperation is needed
try new ways to solve problems ____/____/____/____/____ do it the way it was always done
there for each other when really needed ____/____/____/____/____ always in the way or never there when needed
treat each other as adults ____/____/____/____/____ act like parents and children

Please circle which family member you are:

mother /wife father /husband other: _____

Date of completion: _____

file number: _____

Systemic Assessment of the Family Environment [SAFE]

by Dr. Lynelle C. Yingling, LMFT

Directions: For each of the descriptions below, mark a response describing relationships in your family now: mark anywhere along the line showing whether you think the relationship is more like the description on the left or the description on the right. Think of your family and how you all relate to each other when problems come up. If you have stepparents, mark parents with "P" and Stepparents with "S".

CHILD VERSION

A. My Parents [mark with "P"] /Stepparents [mark with "S"]

share openly with each other ____/____/____/____/____ keep many secrets from each other
listen to each other ____/____/____/____/____ never listen to each other
understand each other well ____/____/____/____/____ always misunderstand each other
work together with each other ____/____/____/____/____ work against each other
try new ways when one doesn't work ____/____/____/____/____ never change the way to solve problems
support each other ____/____/____/____/____ abandon each other
both work together equally ____/____/____/____/____ one controls & the other submits

B. Me and My Parents [mark with "P"]/Stepparents [mark with "S"]

free to tell anyone anything ____/____/____/____/____ keep a lot of secrets from each other
when I talk, someone listens ____/____/____/____/____ no one seems to listen to me
everyone understands when we talk about things ____/____/____/____/____ no one understands what to do after we've talked
family members work together as a team ____/____/____/____/____ we seem to be playing on different teams
when one way doesn't work, we try another ____/____/____/____/____ we never try new ways to solve problems
everyone feels extra support when they need it ____/____/____/____/____ everyone feels abandoned when they really need support
parents are ultimately in charge in this family ____/____/____/____/____ kids seem to have more control than parents

C. My Parents & Grandparents [mark with "X"]

tell each other important things ____/____/____/____/____ keep many important secrets from one another
listen to each other respectfully ____/____/____/____/____ always butt in or ignore each other
get across well to each other ____/____/____/____/____ never seem to understand each other
work together when necessary ____/____/____/____/____ fight when cooperation is needed
try new ways to solve problems ____/____/____/____/____ do it the way it was always done
there for each other when really needed ____/____/____/____/____ always in the way or never there when needed
treat each other as adults ____/____/____/____/____ act like parents and children

Please circle which family member you are:

daughter son other: _____

Date of completion: _____

File number _____

Valoración Sistémica del Ambiente Familiar

por Lynelle C. Yingling, PhD; traducido por Todd C. Smith

Instrucciones: Para cada una de las descripciones abajo, indique la respuesta que describe las relaciones en su familia en el momento presente: Ponga una "X" en la línea donde piensa la descripción corresponda a su familia (a la izquierda o a la derecha). Ud. tiene que pensar en su familia y como se relacionan los otros miembros los unos con los otros si hay un problema.

X= como es ahora cuando hay tensión

A. Yo y mi Esposo/a o mi Esposo/a Pasado/a

nos compartimos uno a otro	____/____/____/____/____	mantenemos muchos secretos el uno del otro
nos escuchamos bien	____/____/____/____/____	nunca nos escuchamos bien
nos comprendemos bien	____/____/____/____/____	nos malentendemos siempre
trabajamos juntos bien	____/____/____/____/____	trabajamos en contra del uno a otro
tratamos de encontrar otras opciones si la primera no funciona bien	____/____/____/____/____	nunca cambiamos la manera que tratamos de resolver algo
nos apoyamos el uno al otro	____/____/____/____/____	no nos apoyamos el uno al otro/a
trabajamos juntos igualmente	____/____/____/____/____	el uno/a controla y el/la otra/a es sumiso

B. Yo y mis Niños

soy libre de decir lo que yo quiera	____/____/____/____/____	nos guardamos muchos secretos
cuando yo hablo, alguien escucha	____/____/____/____/____	me parece que nadie escucha
todos entienden cuando hablamos sobre asuntos	____/____/____/____/____	nadie entiende lo que tenemos que hacer después de hablar
los miembros de mi familia trabajan juntos como un equipo	____/____/____/____/____	me parece que estamos jugando en equipos diferentes
si algo no funciona bien tratamos de hacer algo diferente	____/____/____/____/____	nunca cambiamos la manera que tratamos de resolver algo
todos se sienten apoyo adicional cuando lo necesitan	____/____/____/____/____	no tenemos bastante apoyo cuando lo necesitamos
ultimamente, los padres controlan a la familia	____/____/____/____/____	me parece que los niños tienen más control que los padres

C. Yo y mis Padres

nos hablamos de asuntos importantes	____/____/____/____/____	mantenemos mucho secretos sobre asuntos importantes
nos escuchamos el uno al otro respetuosamente	____/____/____/____/____	siempre ignoramos al otro
entendemos todo lo dicho	____/____/____/____/____	me parece que nunca nos entendemos
trabajamos juntos si es necesario	____/____/____/____/____	nos peleamos cuando necesitamos cooperar
tratamos de usar ideas nuevas para resolver problemas	____/____/____/____/____	siempre lo hacemos de la misma manera
me ayudan si es posible	____/____/____/____/____	nunca me ayudan
nos tratamos como adultos	____/____/____/____/____	nos portamos como padres y niños

Por favor, ponga un círculo en la respuesta que describe su posición en la familia:

madre/esposa

padre/esposo

otro: _____

¿Cuál es la fecha? _____

Valoración Sistémica del Ambiente Familiar
por Lynelle C. Yingling, PhD; traducido por Todd C. Smith

Instrucciones: Para cada una de las descripciones abajo, indique la respuesta que describe las relaciones en su familia en el momento presente: Ponga una "X" en la línea donde piensa la descripción corresponda a su familia (a la izquierda o a la derecha). Ud. tiene que pensar en su familia y como se relacionan los otros miembros los unos con los otros si hay un problema.

X = como es ahora cuando hay tensión

A. Mis Padres/Padrastrós

nos compartimos uno a otro _____	mantenemos muchos secretos el uno del otro
nos escuchamos bien _____	nunca nos escuchamos bien
nos comprendemos bien _____	nos malentendemos siempre
trabajamos juntos bien _____	trabajamos en contra del uno a otro
tratamos de encontrar otras opciones si la primera no funciona bien _____	nunca cambiamos la manera que tratamos de resolver algo
nos apoyamos el uno al otro _____	no nos apoyamos el uno al otro/a
trabajamos juntos igualmente _____	el uno/a controla y el/la otra/a es sumiso

B. Yo y mis Padres/Padrastrós

soy libre de decir lo que yo quiera _____	nos guardamos muchos secretos
cuando yo hablo, alguien escucha _____	me parece que nadie escucha
todos entienden cuando hablamos sobre asuntos _____	nadie entiende lo que tenemos que hacer después de hablar
los miembros de mi familia trabajan juntos como un equipo _____	me parece que estamos jugando en equipos diferentes
si algo no funciona bien tratamos de hacer algo diferente _____	nunca cambiamos la manera que tratamos de resolver algo
todos se sienten apoyo adicional cuando lo necesitan _____	no tenemos bastante apoyo cuando lo necesitamos
ultimamente, los padres controlan a la familia _____	me parece que los niños tienen más control que los padres

C. Mis Padres y Mis Abuelos

nos hablamos de asuntos importantes _____	mantenemos mucho secretos sobre asuntos importantes
nos escuchamos el uno al otro respetuosamente _____	siempre ignoramos al otro
entendemos todo lo dicho _____	me parece que nunca nos entendemos
trabajamos juntos si es necesario _____	nos peleamos cuando necesitamos cooperar
tratamos de usar ideas nuevas para resolver problemas _____	siempre lo hacemos de la misma manera
me ayudan si es posible _____	nunca me ayudan
nos tratamos como adultos _____	nos portamos como padres y niños

Por favor, ponga un círculo en la respuesta que describe su posición en la familia:

hijo hija otro: _____

¿Cuál es la fecha? _____

Valoración Sistémica del Ambiente Familiar
por Lynelle C. Yingling, PhD; traducido por Todd C. Smith

Instrucciones: Para cada una de las descripciones abajo, indique la respuesta que describe las relaciones en su familia en el momento presente: Ponga una "X" en la línea donde piensa la descripción corresponda a su familia (a la izquierda o a la derecha). Ud. tiene que pensar en su familia y como se relacionan los otros miembros los unos con los otros si hay un problema.

X= como es ahora cuando hay tensión

A. Mis Niños en la Edad de Majoridad y su Esposo/a Pasado/a

nos compartimos uno a otro	____/____/____/____/____	mantenemos muchos secretos el uno del otro
nos escuchamos bien	____/____/____/____/____	nunca nos escuchamos bien
nos comprendemos bien	____/____/____/____/____	nos malentendemos siempre
trabajamos juntos bien	____/____/____/____/____	trabajamos en contra del uno a otro
tratamos de encontrar otras opciones si la primera no funciona bien	____/____/____/____/____	nunca cambiamos la manera que tratamos de resolver algo
nos apoyamos el uno al otro	____/____/____/____/____	no nos apoyamos el uno al otro/a
trabajamos juntos igualmente	____/____/____/____/____	el uno/a controla y el/la otra/a es sumiso

B. Mis Nietos y sus Padres

soy libre de decir lo que yo quiera	____/____/____/____/____	nos guardamos muchos secretos
cuando yo hablo, alguien escucha	____/____/____/____/____	me parece que nadie escucha
todos entienden cuando hablamos sobre asuntos	____/____/____/____/____	nadie entiende lo que tenemos que hacer después de hablar
los miembros de mi familia trabajan juntos como un equipo	____/____/____/____/____	me parece que estamos jugando en equipos diferentes
si algo no funciona bien tratamos de hacer algo diferente	____/____/____/____/____	nunca cambiamos la manera que tratamos de resolver algo
todos se sienten apoyo adicional cuando lo necesitan	____/____/____/____/____	no tenemos bastante apoyo cuando lo necesitamos
ultimamente, los padres controlan a la familia	____/____/____/____/____	me parece que los niños tienen más control que los padres

C. Yo y mis Niños en la Edad de Majoridad

nos hablamos de asuntos importantes	____/____/____/____/____	mantenemos mucho secretos sobre asuntos importantes
nos escuchamos el uno al otro respetuosamente	____/____/____/____/____	siempre ignoramos al otro
entendemos todo lo dicho	____/____/____/____/____	me parece que nunca nos entendemos
trabajamos juntos si es necesario	____/____/____/____/____	nos peleamos cuando necesitamos cooperar
tratamos de usar ideas nuevas para resolver problemas	____/____/____/____/____	siempre lo hacemos de la misma manera
me ayudan si es posible	____/____/____/____/____	nunca me ayudan
nos tratamos como adultos	____/____/____/____/____	nos portamos como padres y niños

Por favor, ponga un círculo en la respuesta que describe su posición en la familia:

abuelo abuela otro: _____

¿Cuál es la fecha? _____

Systemic Assessment of the Family Environment [SAFE]

by Lynelle C. Yingling, PhD

ASSIGNED WEIGHTS FOR EACH ITEM RESPONSE TO BE USED IN CALCULATING GRAPH

A. _____

interactional

share openly with each other __5__/_4__/_3__/_2__/_1__ keep many secrets from each other

listen to each other __5__/_4__/_3__/_2__/_1__ never listen to each other

understand each other well __5__/_4__/_3__/_2__/_1__ always misunderstand each other

work together with each other __5__/_4__/_3__/_2__/_1__ work against each other

try new ways when one doesn't work __5__/_4__/_3__/_2__/_1__ never change the way to solve problems

support each other __5__/_4__/_3__/_2__/_1__ abandon each other

organizational

both work together equally __30__/_24__/_18__/_12__/_6__ one controls & the other submits

B. _____

int

free to tell anyone anything __5__/_4__/_3__/_2__/_1__ keep a lot of secrets from each other

when I talk, someone listens __5__/_4__/_3__/_2__/_1__ no one seems to listen to me

everyone understands when we talk about things __5__/_4__/_3__/_2__/_1__ no one understands what to do after we've talked

family members work together as a team __5__/_4__/_3__/_2__/_1__ we seem to be playing on different teams

when one way doesn't work, we try another __5__/_4__/_3__/_2__/_1__ we never try new ways to solve problems

everyone feels extra support when they need it __5__/_4__/_3__/_2__/_1__ everyone feels abandoned when they really need support

org

parents are ultimately in charge in this family __30__/_24__/_18__/_12__/_6__ kids seem to have more control than parents

C. _____

int

tell each other important things __5__/_4__/_3__/_2__/_1__ keep many important secrets from one another

listen to each other respectfully __5__/_4__/_3__/_2__/_1__ always butt in or ignore each other

get across well to each other __5__/_4__/_3__/_2__/_1__ never seem to understand each other

work together when necessary __5__/_4__/_3__/_2__/_1__ fight when cooperation is needed

try new ways to solve problems __5__/_4__/_3__/_2__/_1__ do it the way it was always done

there for each other when really needed __5__/_4__/_3__/_2__/_1__ always in the way or never there when needed

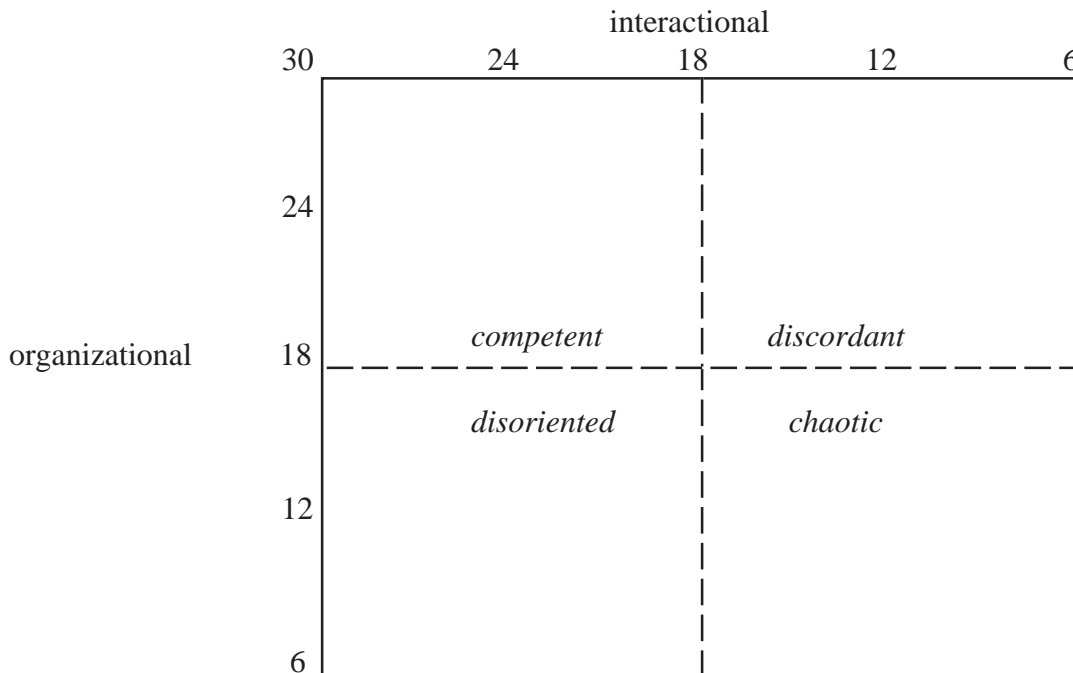
org

treat each other as adults __30__/_24__/_18__/_12__/_6__ act like parents and children

SYSTEMIC ASSESSMENT OF THE FAMILY ENVIRONMENT [SAFE]

SCORING & GRAPHING INSTRUCTIONS

Using the assigned weights to each response, total the interactional scores under each A/B/C subsystem level [1st 6 questions] and plot that sum with the organizational score [last question under each level] as the coordinates on the graph; identify the plotted points as A-1, B-1, and C-1 [using the number to identify the family member]. To obtain a total family system mean score, sum the scores for all the subsystem levels used [T blank below] and divide by the number of levels used to obtain the M [mean] score; plot M-1 on the graph. Using different colors to mark each family member provides a visual family system comparison on one graph. For research purposes, obtain a SAFE score by adding together the interactional and organizational average scores; use the SAFE score to correlate with other assessment scores, such as the GARF.



Court cause number: _____

Family member: 1 = mother/wife
2 = father/husband
3 = daughter
4 = son
5 = other: _____

SAFE Scores Compiled:

	<i>interactional</i>					<i>organizational</i>				
	1	2	3	4	5	1	2	3	4	5
A	___	___	___	___	___	___	___	___	___	___
B	___	___	___	___	___	___	___	___	___	___
C	___	___	___	___	___	___	___	___	___	___
[T	___	___	___	___	___	___	___	___	___	___
] (not plotted)										
M	___	___	___	___	___	+	___	___	___	___
divided by # of family members = SAFE score: _____										

Date of completion _____

GARF rating today _____
[I = ____; O = ____; E = ____]

CHILD'S CARTOON VERSION OF SAFE

DIRECTIONS: Look at each of the pictures and tell me which one reminds you most of your family and why. Does your family sometimes remind you of some of the other pictures? When?

