

### Issues Faced by Affluent Families

(From: *The Price of Privilege*, by Madeline Levine, PhD)

The following are issues often faced by affluent families that can contribute to psychological distress for children and parents alike. How true are these for your family? It can be very difficult, indeed, painful to reflect on issues like these, but necessary. This is a way to begin that reflective process.

1 ←→ 5  
Not True    Very True

1. In my family, one parent works particularly long hours, and the other can often feel like a single parent raising the children. 1 2 3 4 5
2. In my family, there is a power imbalance, with the parent who makes more money calling most of the shots. 1 2 3 4 5
3. In my family, we don't like to 'rock the boat' and will allow an unhappy status quo to continue indefinitely rather than threatening the financial security of parents or children. 1 2 3 4 5
4. In my family, busy schedules and/or preoccupation with material things can interfere with things known to increase quality of life, such as friends, spirituality, and community involvement. 1 2 3 4 5
5. In my family, perfectionistic tendencies and unwillingness to show vulnerability impedes the formation of close relationships. At least one member of my family experiences feelings of loneliness. 1 2 3 4 5
6. In my family, the mother relies too heavily on the children for emotional support and comfort because the husband is physically or emotionally unavailable. 1 2 3 4 5
7. In my family, because we are accustomed to managing things on our own, we may ask for help with the children, but we are often unwilling to accept help with our own weaknesses or needs. 1 2 3 4 5
8. In my family, because we are often reluctant to seek outside help, we sometimes allow problems to escalate. 1 2 3 4 5
9. In my family, we have exceedingly high expectations for our children. (This can often lead to perfectionism in children, a known precursor of depression.) 1 2 3 4 5
10. In my family, we emphasize external markers of success, such as grades, trophies, or admission to prestigious schools. (Extrinsic rather than intrinsic motivation puts children at risk for a host of psychological difficulties.) 1 2 3 4 5
11. In my family, at least one member struggles with substance abuse. (This is often a sign of untreated depression.) 1 2 3 4 5