GUIDE FOR WRITING YOUR LIFE STORY

YOUR FAMILY

Describe your family you grew up with, where you lived, including approximate dates.

Describe your parents, their names, occupations

Describe your siblings, if any, and how was your relationship with them.

Describe any important childhood memories or incidents, including passing of family and how you coped with that grief and loss.

FAMILY RELATIONSHIPS [

Describe your parent's relationship, and what you learned from how they handled disagreements.

How did they discipline and reasons that warranted discipline?

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What did you learn from each parent(s)?

Describe your current relationship with parents and siblings and frequency of contact if applicable.

GROWING UP

What were your favorite interests and/or hobbies?

Did you like school, how your grades, and what were your favorite subjects.

What if any challenges did you face growing up?

Did your family attend church? If so, denomination

How did your family celebrate holidays/birthdays

DATING/MARRIAGE FOR MARRIED COUPLES:

When and where did you meet?

How long did you date before marriage?

If you were previously married, describe strengths and weaknesses in each relationship? What led to prior divorces?

Did you seek counseling for those relationships?

FOR NON-MARRIED COUPLES:

When and where did you meet?

How long have you been together?

If you were previously in a long-term relationship describe strengths and weaknesses in each relationship?

What led to your breakup?

Did you seek counseling for those relationships?

CHILDREN

If you have children (minor and adult children), describe them?

If you have children from previous relationship/marriage, how have they maintained their relationship with other parent, if they have not please explain why.

If you have a blended family, explain the relationship between the child and step-parent.

What do you expect from your children? I

If you do not have children, what experience if any do you have with children?

Explain any experiences, if any, with children that have displayed behavioral challenges or limitations.

EDUCATION

If you graduated or received GED, what year and from where?

If you have college degree and/or certifications, in what field, from where, and what dates did you receive them?

What is your current employment status, position, and hours?