

AUTOBIOGRAPHY

NAME OF PARENT: _____

A. CHILDHOOD

1a. Date and place of birth: _____

2a. Father's name and date of birth: _____

3a. Mother's name and date of birth: _____

4a. List your siblings names and dates of birth: _____

5a. Describe your father (personality, role in family, employment) : _____

6a. Describe your mother (personality, role in family, employment): _____

7a. Evaluate their marriage: _____

8a. Did your parents have prior/subsequent marriages? _____

9a. How did your parents show affection to each other? _____

10a. How did they show you affection? _____

11a. How were you disciplined? _____

12a. How did they encourage you? _____

13a. How did they criticize you? _____

4a. How did your parents solve problems? _____

15a. What were the major difficulties you encountered as a child? _____

16a. Where did your family live during your growing up period? _____

17a. What did your family do for fun? _____

18a. Describe your relationship as a child with each sibling: _____

19a. Were there any other significant people involved in your life as a child (grandparents, aunts, uncles, etc)?

20a. Describe your present relationship with each family member. How often do you see them? Where does each member live?

B. EDUCATION

1b. What did you like about school? _____

2b. What did you not like about school? _____

3b. What did you do after you left secondary education? _____

4b. Any further education after high school? Where? (Give degrees.)

C. FRIENDSHIPS

1c. What kinds of friends did you prefer? _____

2c. Did your parents approve of your friends? _____

3c. What were your early dating experiences? _____

D. ADULT LIFE

1d. At what age did you consider yourself to be an adult? _____

2d. Did your parents agree? _____

3d. At what age did you leave home? _____

4d. Did your parents approve? _____

5d. What jobs have you had? Why did you leave each one? Give job title, address, dates of employment.

6d. What do you like about yourself? _____

7d. What do you dislike about yourself? _____

8d. Have you tried to change? _____

9d. What activities do you enjoy WITHOUT your family? _____

10d. Describe your personality. _____

11d. Describe your current job (both satisfactions and problems). _____

12d. How do you handle job related problems? _____

13d. How do your work related problems affect your family? _____

14d. Have you ever been arrested before or convicted of a crime? If yes, circumstances. Where and when were you arrested?

15d. How frequently do you use alcoholic beverages? _____

Have you participated in an alcohol treatment program? When? _____

16d. How frequently do you use controlled substances (illegal drugs) ? _____

Do you take prescription medication? Describe. _____

17d. List past/present major illnesses. _____

18d. What are the biggest problems you have faced as an adult? How did you solve them?

19d. How patient are you? Give examples of what makes you lose your patience.

20d. Describe sources of stress for you. How do you cope with stress? Give examples:

E. CURRENT MARRIAGE

1e. How did you meet? _____

2e. What attracted you to your spouse? _____

3e. How long did you date? _____

4e. Did your parents approve of your marriage? _____

5e. What were your early adjustment problems? _____

6e. What do you like to do together? _____

7e. How do you handle disagreements? _____

8e. Describe your last major conflict? _____

9e. What is your spouse's role in the family? _____

10e. How do you handle family finances? _____

11e. What problems do you have about finances? _____

12e. Describe your relationship with your in-laws. _____

13e. How do you settle issues of sexuality in your marriage? How would you describe your marriage in terms of emotional and sexual satisfaction?

14e. How did you receive your sex education? _____

15e. What have you had to re-learn about human sexuality? _____

16e. What problems do you presently have in your marriage? _____

17e. How have you tried to solve these problems? _____

18e. What do you like about your spouse? _____

19e. What do you like about each other? _____

20e. How do you express affection to each other? _____

21e. Is this satisfactory to both? _____

22e. How do you handle jealousy? _____

23e. What part does religion play in your lives? _____

24e. Describe your goals for 3 years from now and 10 years from now. _____

F. PREVIOUS MARRIAGE

1f. Dates of marriage and divorce: _____

2f. How many children from this marriage? Ages? _____

3f. Do you have custody? Where do your children live? _____

4f. Do you pay child support? _____

Frequency of contact with children: _____

5f. What were the problems in the marriage? _____

6f. What caused the problems? _____

7f. What did you learn from this experience? _____

G. FAMILY

Children (if you do not have children, answer as if you did where applicable).

1g. List names, ages, whether in or out of your home, any unusual problems, major illnesses.

2g. Describe the personality of each child. _____

3g. What are your hopes for your children? _____

4g. What are your fears for your children? _____

5g. What is the father's role in the family? _____

6g. What is the mother's role in the family? _____

7g. How is discipline handled and by whom? _____

8g. Describe your child's school experience. _____

9g. Are you familiar with the stages of child development? If so, how did you acquire this knowledge? What is the most difficult stage of development for you to deal with and why?

10g. How do you show your children that you love them? _____

11g. How do your children know you approve of their behavior? _____

12g. How do you criticize your children? _____

13g. What do you agree on in raising children (i.e. discipline, praise, expected behavior, limits)?

14g. What do you disagree on in raising children? _____

15g. How are you raising your children the same as/or different from the way your parents raised you?

16g. What would you like to improve on as parents? _____

17g. What do you like to do with your children? _____

18g. What responsibilities do you give your children? _____

H. OTHERS IN THE HOME

1h. Name, age, relationship: _____

2h. What is the person's role in the family? _____

I. HOME AND COMMUNITY

1i. Describe your home. _____

2i. What do you like about your home? _____

3i. What do you dislike about your home? _____

4i. How are household tasks divided? _____

5i. How do you react when family members "mess up" the house? _____

6i. Do you have special education facilities in your community? _____

7i. Does your school district provide bus transportation to schools in your neighborhood?
Where is the closest bus stop in relationship to your home?

8i. How long do you plan to live in your present community? _____
