

A GUIDE TO WRITING YOUR LIFE STORY

"We are the sum of all the moments of our lives- all the resources in them."- Thomas Wolfe

No one knows your life better than you do. Tell us about it, in your own style, covering the following topics.

- 1) **YOUR FAMILY:** Describe the family you grew up with, and the home or homes in which you lived. What was your father like? Your mother? How do you get along with any brothers or sisters? How are you like or unlike other members of your family? What are some of your most important memories (good and bad ones)? What is your present relationship with your parents? What is your present relationship with your siblings?
- 2) **FAMILY RELATIONSHIPS:** Describe your parents as a couple. What kind of marriage did they have as you were growing up? What do they agree and disagree about? How do they handle issues like money, discipline of children, sex education? In what ways which you hope to be like them as a parent? What would you hope to do differently? Which parent did you feel closer to as you were growing up?
- 3) **GROWING UP:** What kind of child were you as you were growing up? What were your favorite interest, hobbies? What was school like for you? Favorite subjects? What did you enjoy most about school? Least? What kind of friends did you have? How much dating did you do? What were your biggest problems in your teenage years?
- 4) **COURTSHIP AND MARRIAGE:** Describe how you met your spouse. What attracted you to your husband/wife? How did you decide to get married? What were the early adjustments each of you had to make? How were your families alike and how were they different? How did you first get along with your in-laws? How do you get along now? What problems have you and your spouse had to overcome in your marriage? Describe your husband/wife's personality. What do you consider his/her greatest strength as a person and as a marriage partner? What is your present marriage relationship? Describe how you communicate your feelings your spouse. How do you handle disagreements? If you have been previously married, describe the marriage and how it ended. In what way did you grow from that experience?
- 5) **CHILDREN:** If you have children, what are they like? If no children, what have your experiences with children been? Why do you want to adopt the child? What do you expect from your child? What do you see yourself offering a child? What would you see as the mother's and father's roles in caring for the child placed in your care? What are some ways you would provide stimulation? How would you employ discipline in rearing a child? Any other ideas you may have in regard to child rearing practices?
- 6) **HEALTH:** Describe any health problems you have experienced during your lifetime. How have those problems affect you?
- 7) **GENERAL LIFE ASSESSMENT:** What people that and / or events do you consider to have been important in shaping you as a person? What hardships, problems, serious losses have you faced? How did you cope with them? What are some of your present goals? What is your life like now? What are your hobbies? What do you do for fun? Are there things about your present life you wish to change? What do you consider your strengths as a person and what are your limitations?