Personal History

Instructions: Fill out to the best of your ability. Feel free to insert your answer onto this word document, save and send back to me. \*Keep in mind: Try not to judge yourself at your reactions to these aspects of yourself (some ages we may not like or have a distaste for, others we may really like). Just write it. Also don’t worry or judge yourself if there’s parts or ages you don’t remember.

1. **Describe yourself as an infant. I don’t expect there to be memories of that time, necessarily, but what do you think when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
2. **Describe yourself as a toddler. What do you think when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
3. **Describe yourself as a 4-5-6 year old. What do you think when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
4. **Describe yourself as a 7-8-9 year old. What do you think when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
5. **Describe yourself as a 10-11-12 year old. What do you think/see when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
6. **Describe yourself as a teenager. What do you think when you picture yourself at that age? What adjectives would you use? What stories come to mind from that age? Feel free to write as much as you want.**
7. **What was your relationship with your dad in childhood? What is it now? Would you describe your dad as being very available or did you have to pursue him?**
8. **What was your relationship with your mom in childhood? What is the relationship now? Was your mom very available to you or did you have to pursue her for attention?**
9. **What does self-care mean to you? In what ways do you practice it? In what ways is it challenging or elusive?**
10. **In what ways do you express your creativity and spontaneity?**
11. **What was your role in the family growing up? (i.e. scapegoat, star, hero, lost child, the problem, savior) What is it now (in your family of origin)?**
12. **It’s helpful to have an anchor when doing the deep healing work, something or someone you can draw on for a sense of support. I call it the Functional Adult Self. For each person it can have a different name: Wise mind, the Observer, the Watcher, God, Wise Self, Higher Self. What do you visualize as your Functional Adult Self?**
13. **What is your experience of spirituality?**
14. **What are your strengths? What are you interested in?**
15. **Tell me anything else you want me to know about the current problem.**
16. **What are your most important goals or desires in this process?**