

FAMILY HISTORY

Please take your time filling out this form. The questions are designed not only to give me a better sense of your experiences, but also to give you an opportunity to reflect on your important relationships. If any question feels difficult or uncomfortable for you to answer, please indicate that. These are areas we can explore in session. Although this information can help me better attune to you, please share only as much as you feel comfortable sharing.

FAMILY INFORMATION

Your Name:

PARENTS

Did you live with your family of origin as a child? If so, please give just a few words to describe the atmosphere of your childhood home, as you experienced it (e.g., tense, pleasant, rushed, etc.). If you did not live with your family or origin as a child, please describe your childhood experience with regard to adoption, foster care, etc. *(If you were adopted or were in foster care, please answer the remaining family questions in whatever way feels most relevant to you.)*

MOTHER

What is your mother's name and age? If she is deceased, when did she die, and what was the cause of her death?

How would you describe your relationship with your mother when you were a child/teenager?
What is your relationship like now?

What are/were some of your mother's strengths?

What are/were some of your mother's weaknesses?

In what ways are you alike your mother? In what ways are you different?

What do you think your soul might have been trying to experience or learn through this relationship?

FATHER

What is your father's name and age? If he is deceased, when did he die, and what was the cause of his death?

How would you describe your relationship with your father when you were a child/teenager?
What is your relationship like now?

What are/were some of your father's strengths?

What are/were some of your father's weaknesses?

In what ways are you alike your father? In what ways are you different?

What do you think your soul might have been trying to experience or learn through this relationship?

SIBLINGS

Please list the names and ages of any siblings.

What were your relationship(s) like with your siblings when you were a child/teenager?

What are your relationship(s) like now?

Was there a “favorite” child in your family? A “family scapegoat”? What role did you play?

CHILDREN

Please list the names and ages of any children. If you don't have children, would you like to at some point in the future?

How would you describe your relationship with your child(ren)?

Do you have any grandchildren? If so, how would you describe your relationships with them?

EXTENDED FAMILY

How would you describe your extended family? What was it like growing up in this group?

Was there any member of your extended family (grandmother, grandfather, etc.) that you were particularly close to? If so, please elaborate.

Was there any member of your extended family that you felt particularly challenged by? If so, please explain.

FRIENDS/PARTNERS

If you got a group of people together from your past and/or present and asked them to describe you, what do you think they would say about you? How would they describe your strengths and weaknesses?

Does this accurately reflect what you feel inside? If not, how does it differ?

Briefly describe your relationship history. Please include any relationships that felt impactful to you.

Who would you call at 3 am if you were experiencing a severe emotional emergency or situation? Why?

SOCIAL EXPERIENCE

How was your relationship with education (public, private, homeschool, etc.)? Did you look forward to going to school/dread going to school/feel ambivalent?

How did you experience your teachers? Was there a teacher who strongly impacted you, for better or worse?

Did you experience any particularly challenging experiences at school (bullying, academic challenges, peer pressure, etc.)? How did that impact you? How did those experiences define you going forward?

How were your relationships with your peers and friends? Were you part of a group? Did you feel excluded? Did you play a role ("class clown," "jock," etc.)?

CAREER/CREATIVE EXPRESSION

Briefly describe your work history.

Do you feel fulfilled in your work/creative expression? Please explain.

Is there a dream that you haven't achieved? Is there a dream you haven't admitted to yourself? If so, what stops you?