

A GUIDE FOR WRITING YOUR LIFE STORY



No one knows your life better than you. What you write is more important than how you write. Please describe your life as you cover the following topics:

1. **Your Parents** Describe your father, mother, or stepparents. What kind of marriage did they have as you were growing up? How did they agree or disagree? How did they handle things like money, discipline, and children? How would you do things differently?
2. **Your Siblings** List your siblings' first names and current ages. How did you get along with them when growing up, and how do you get along today? Briefly describe their lives today (location, marital status, children, employment). How are you like or unlike other members of your family? What are some of your most important memories, whether good or bad.
3. **Your Education** What elementary, middle, and high schools did you attend? What was school like for you? Did you have favorite subjects or participate in extracurricular activities? What hobbies or special interests did you have during these school years? Did you later attend college or obtain special certifications or degrees? Do you intend to continue your education?
4. **Dating and Marriage** Generally describe your dating history prior to meeting your spouse. How did you meet your spouse? What attracted you to each other? Why did you decide to marry? What changed after the honeymoon? How are your two families similar or different? How do you get along with your spouses family? What problems have you and your spouse had to overcome since marrying? How do you resolve conflicts?
5. **Children** If you have children, state their names and ages. What are they like? If you have had experience with a miscarriage, abortion, or infertility, how has this affected your life? If you do not have children, what have your experiences with children been like? Why do you want children? What do you expect from your child? What do you see yourself offering a child?
6. **Employment** What type of jobs have you held? Describe what you like and dislike about your current employment. Are you seeking a change?
7. **Home and Community** Briefly describe your home and community. What community services or activities are available to help your child?
8. **General** What are your current hobbies or interests? What are some of your present goals? What hardships or problems have you faced in your life? How did you cope with them? Are there things about your life that you wish to change?