

AUTOBIOGRAPHY GUIDE FOR HOME STUDY

(One for Each Adult Family Member)

Please follow this outline when writing your autobiography. Be thorough on the important aspects of your background but don't omit the other. Some points may be more relevant than others. Responses should be brief but emphasis should be on your feelings and reactions to people and events rather than on details about who, what, when, and where.

If there are events or parts of your life, which are important and/or relevant, which are not covered by this guide, please include them.

The autobiographical guide can be typed or handwritten.

- 1) **Birth History**
 - a) Place of birth
 - b) Date of birth
 - c) Other pertinent information

- 2) **Family History**
 - a) Age, number, and description of family members
 - b) Relationships with family members, both past and present
 - c) Description of any other individuals in your childhood and teenage years who had an influence on your life
 - d) Description of your family life including family rules, your reaction to rules, discipline and your reaction to disciplinary methods.
 - e) Happy childhood memories
 - f) Unhappy childhood memories

- 3) **Description of Yourself**
 - a) Physical description
 - b) Health conditions or illnesses and current health status.
 - c) Past or present use of tobacco, alcohol, prescription or non-prescription drugs

- d) Description of your personality
- e) Qualities you like in yourself
- f) Qualities you dislike in yourself
- g) Education experiences
- h) Interests, hobbies, and activities
- i) Employment history and current job situation

4) Marriage (if married) and Relationships

- a) Describe any previous marriages and the outcome
- b) Describe your spouse and current marriage
- c) Describe what you like best about your spouse
- d) Describe what you would like to change about your spouse
- e) Issues which cause conflict and how you resolve them
- f) Describe your relationship with your in-laws

For Single Individuals

- a) Describe former significant relationships (Marriages, dating, ect.)
- b) Current experiences in a relationship
- c) Plans to marry
- d) Describe how being a foster parent will affect your current situation
- e) Likes about being single
- f) Dislikes about being single

Instructions: Sign and date your autobiography information.