



Personal History/Life Script Questionnaire

What is your main reason for coming into therapy? What is your difficulty or personal problem?
What are your therapeutic goals?

Give a recent and detailed example of when and how this problem occurred and how it impacted your life.

What bad feelings went along with the occurrence of the problem?

What did you say to yourself before, during and after this?

Do you remember a previous time in your life, going all the way back to childhood, when similar problems occurred?

Are there other problems that you might be concerned about or that might be related?

How do you expect your main problem and most frequent bad feelings will change while you are in therapy? How do you expect the changes to occur?

How will you know when your therapeutic goals are achieved? What will be different in how you feel and how you act in your life?

Family History and Childhood Development

Describe the current age or date of death, education, occupation, mental health issues, substance abuse issues and number of marriages for your mother, father, your siblings and yourself. Include stepparents, if applicable.

	Age	Education	Mental Health/ Substance Abuse	Number of Marriages
Mother:				
Father:				
Siblings:				

	Age	Education	Mental Health/ Substance Abuse	Number of Marriages
Stepparents:				

Additional comments regarding family :

Describe how you saw your parents as a child and how that has changed over time. Describe your relationship with your parents and siblings throughout your lifespan. If you have children, describe your relationship with your children throughout their lifespan.

Describe how you grew up, the family's circumstances, who you lived with, significant events and stressors. What was the climate in your home? Describe how your childhood upbringing impacted your life choices: where you live, your partner/whom you date, your career, how you live your daily life.

Describe your parent's parenting style. How were you praised? Criticized? Disciplined? What were the important values your parents wanted you to learn? What were your mother's and father's main advice to you about how to live or get ahead? If you are a parent, describe your parenting style as well.

What is the first thing you remember? What feelings were involved?

Describe yourself as a kid, adolescent and young adult.

Discuss any developmental issues or learning differences, such as ADHD, dyslexia, information processing, language disorders that you experience(d). Discuss the impact those issues have had throughout your lifespan.

If you went to your mother and father now and told them in detail about your current problem how would your mother respond? How would your father respond?

What do you wish your mother had done differently? How would you be different as a result? What do you wish your father had done differently? How would you be different as a result?

During childhood who was the most important person to you other than your parents? What child was most important to you?

What was the most important thing that happened to you in high school and college?
Did you have any serious illness or injuries as a child or an adolescent?

Were you physically, emotionally or sexually abused as a child?
What were the most traumatic experiences during your childhood? Since then?

Personal History

Describe yourself briefly. What do you like most about yourself? Least? If you were a magician how would you change you?

What is the bad feeling you had most often in your life?
Talk about your physical health and its impact on your life.

Have you every attempted suicide? Have you every thought about killing yourself? Have you ever developed a plan to kill yourself? What stopped you from doing it? Do you have any thoughts about killing yourself or hurting yourself now? Describe if you have ever intentionally hurt yourself.

Discuss your reproductive mental health: menses, fertility, pregnancy/pregnancies, childbirth, lactation, perimenopause, menopause. Discuss any health issues or experiences related to your reproductive mental health.

What first attracted you to your partner or person you are most involved with at present? What made you decide to get married or live together if applicable?

Talk about your relationship with your body and your eating. How do you feel about the way you look? What do you do/ have done to change the way you look? How has that worked for you? What problems has that created?

Talk about your typical alcohol and drug habits, including cigarettes/vaping. How often/how much do you consume or use? How does it affect your life and how you feel about yourself? Write about your significant relationships (romantic and platonic) and how that has impacted your life.

Discuss any abusive relationships in which you were involved.

Discuss the role of friendship in your life. How important are your friends to you? How do you feel about the quality and quantity of your friends?

What is your relationship with God, spirituality, religion, higher power? Are you religious? Spiritual? How has that changed over your lifespan?

Discuss your ethnicity and its impact on your life.

Describe what you do for a living. How did you decide on your work/career? How do you feel about your career? What are your career goals and what is your progress toward meeting them? How important is your career to you? What role does it take in your life?

What do you do for fun? What activities bring you pleasure? How frequently are you able to engage in enjoyable activities?

Use the space below to discuss anything additional you'd like to share.