

## LIFESCRIPT

Child's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Child's DOB: \_\_\_\_\_

1. Who was in your immediate family (or caregiving environment) during your childhood? Describe the people and environment. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. Give 4 to 6 adjectives or phrases that describe your mother or primary caregiver, from your perspective as a child. Describe your relationship with your mother from as far back as you can remember.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. Give 4 to 6 adjectives or phrases that describe your father, from your perspective as a child. Describe your relationship with your father from as far back as you can remember. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. Give 4 to 6 adjectives or phrases that describe yourself as a child, the way in which you perceived yourself during childhood. Describe experiences you remember associated with each one.  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
5. a) What were the major messages your mother gave you about yourself and how to deal with life? What was your response to her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
b) What were the major messages your father gave you about yourself and how to deal with life? What was your response to him? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
6. a) What did you learn from your mother about men and women? \_\_\_\_\_

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b) What did you learn from your father about men and women? \_\_\_\_\_

7. How did your parents handle conflict, emotion and discipline of the children? \_\_\_\_\_

8. When you were upset as a child (emotionally distressed or frightened, physically ill or hurt) who did you turn to for comfort and support; what happened? \_\_\_\_\_

9. Describe significant separations from parents or caregivers. \_\_\_\_\_

10. Describe situations in which you felt rejected and/or threatened as a child from your parents, care-givers, or others. \_\_\_\_\_

11. How do you think your childhood relationships and experiences affect you as an adult?

12. Why do you think your parents or caregivers behaved as they did during your childhood?

13. Describe relationships with other adults who are close to you and influenced you growing up.

14. How has your relationship changed with your parents or caregivers between childhood and adulthood? Describe those relationships now. \_\_\_\_\_