

worksheet: personal history questions

Childhood

- What was your childhood home like?

- Your neighborhood?

- Was your parents' relationship a strong one?

- Which of them were you closer to?

- When you were growing up, what was the biggest disagreement you ever had with your parents?

- What was your role in the family?

- What were your siblings like back then, and how did you get along with them?

- Did your career have any major turning points?
- What were the best moments of your working life? Any lingering regrets?
- On balance, how did you like your chosen field?
- If you had it all to do over again, would you choose the same path?

Love and Family

- Were you and your spouse in love from the start, or did the relationship take time?
- When did you decide to have children?
- Over the years, what was the most rewarding thing about raising kids?
- The toughest?

- What do you remember as the best times you had as a family?
- Which family vacation was your favorite?
- What was the worst thing you went through with your family?
- Did you dream about doing anything special once I'd/we'd all grown up?
- What are the secrets to a good relationship or marriage?
- Do you have any advice about being a good parent?
- Is there anything you'd do differently as a mother/father now?
- Would you try to do anything differently as a spouse?

- What would you say love is? Have your ideas about it changed over time?
- Now that you're all adults, what are your relationships like with your siblings?
- How are you like your parents? How are you different?
- Who in the family is most like you?
- What have you always regretted not asking your parents?

You and Me

- Is there anything you've never been able to ask me or say to me?
- In what ways do you think we're similar? In what ways different?
- What were your favorite times with me?

- Is our relationship anything like the one you had with your parents?
- Are you happy with the way you and I get along?
- Is there anything you wish had been different between us? That you'd still like to change?

You as You

- Who knows you better than anyone?
- Other than family, who are the most important people in your life right now?
- What's the key to a great friendship?
- Who makes you laugh the hardest?
- Do you have a favorite book or author?

- A favorite movie?
- What was the best trip you ever took?
- The most amazing place you've seen?
- If you could go somewhere you've never been, where would it be?
- Would you rather be living somewhere else?
- What are five things you couldn't live without?
- What's your most beloved personal possession?
- What's the bravest thing you've ever done?

- The scariest? The dumbest?

- Is there anything you always wanted to do but never did?

- What would I be surprised to learn about you?

The Kind of Life You've Lived

- What were the best years of your life?

- What was the hardest decision you've made?

- What are the most important things in life?

- What do you consider to be your strongest character traits?

- What traits or habits do you wish you didn't have?

- Do you believe that people can change?
- Do you believe in God?
- Has life made you more cynical or more hopeful?
- What do you consider to be the most important world events of your lifetime?
- Do you think life now is harder or easier than when you were young?
- If you could do anything over in your life, what would it be, and what would you do differently?
- What are you most proud of?
- What do you hope to be remembered for?