

## Life Story Outline

Please use this outline to write or record on a cassette information regarding you life. Do not worry about spelling, grammar, etc. It does not matter if you use complete sentences. Later we can work together on taking the information and putting it in paragraph form.

When and where were you born?

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What is your earliest memory?

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Describe your Birth Mother:

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Describe your Birth Father:

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Describe your brothers and sisters:

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Of the members of your family, to whom were/are you the closest?

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Of the members of your birth family, with whom do you or did you have the most difficulty getting along?

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In what ways are you like your birth parents?

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In what ways are you different from your birth family?

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What is the best thing your birth parents taught you?

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What is the worst memory you have about your Birth Mother?

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What is the worst memory you have about your Birth Father?

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What is the happiest memory you have about your Birth Mother?

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What is the happiest memory you have about your Birth Father?

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What would you like to say to or ask your Birth Mother?

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What would you like to say to or ask your Birth Father?

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Who has been your best friend? Describe him or her:

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Do you like to spend your time with lots of friends, a few friends, or mostly by yourself?

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Has there been an adult that has been an influence in your life? Describe what made your relationship special:

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What has been the biggest loss or disappointment in your life? How have you dealt with it?

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Discuss, in order, the homes and places where you have lived:

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List the schools you have attended:

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As you think back over all your school experiences, have they been primarily good experiences or bad experiences? Please explain:

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What kinds of school experiences did you like the most (for example, what subjects? What activities?)? Please explain:

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What parts of school are the most difficult for you (what classes, what subjects, what activities?)? Please explain:

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Have you had any favorite or special teachers? Who?

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When you have broken the rules (gotten in trouble), what form of discipline do you think is most effective on you?

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Under what circumstances do you think it is OK to be spanked, smacked or hit?

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Please give five (5) words that describe your personality:

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Please give five (5) words that describe how you look:

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What do you do for fun?

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What are your special talents?

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What would you like to learn to do?

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What has been your most memorable vacation or trip?

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What do you think are the differences between foster care and adoption?

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What do you think you will like most about being adopted?

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What do you think are some of the reasons people want to be adoptive parents?

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Imagine that today is the day you are going to meet your adoptive family. Describe them. Where will they live? What activities do they like? Are there any other children? Etc.

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List three (3) wishes:

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What do you hope for? What goals do you have?

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What would you like your life to be like when you grow up?

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On a separate sheet of paper, imagine you are writing a letter to your prospective adoptive parents. You have not met them yet. Tell them some things about yourself. What would you like them to know about you? Write the questions you would have about them.