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?
________________________________________________________
________________________________________________________
________________________________________________________

What is your earliest memory?
________________________________________________________
________________________________________________________
________________________________________________________

Describe your Birth Mother:
________________________________________________________
________________________________________________________
________________________________________________________

Describe your Birth Father:
________________________________________________________
________________________________________________________
________________________________________________________

Describe your brothers and sisters:
________________________________________________________
________________________________________________________
________________________________________________________

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

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

In what ways are you like your birth parents?
________________________________________________________
________________________________________________________
________________________________________________________

In what ways are you different from your birth family?
________________________________________________________
________________________________________________________
________________________________________________________
What is the best thing your birth parents taught you?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

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

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

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

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

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

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

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

Has there been an adult that has been an influence in your life? Describe what made your relationship special:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What has been the biggest loss or disappointment in your life? How have you dealt with it?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

List the schools you have attended:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

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

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

Have you had any favorite or special teachers? Who?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

Under what circumstances do you think it is OK to be spanked, smacked or hit?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Please give five (5) words that describe your personality:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

What do you do for fun?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What are your special talents?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What would you like to learn to do?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What has been your most memorable vacation or trip?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

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

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

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

List three (3) wishes:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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.