

# childhood overview

- **Birth**

- Where were you born (city, state, type of community, hospital)?
- When were you born (year, month, time of day/night)?
- Were there any complications during your birth?
- Which family/friends were at the hospital during your birth?
- Who named you? Was there any specific reason for your name? Do you like your name?
- Were you adopted? If so, do you know the story of your biological parents?

- **Family Background**

- Were there any medical or mental problems in your family?
- Were there any addictions in your family?
- Were there any deaths or traumatic events in your family?
- What religion, if any, did you grow up in? How often did you participate in religious activities? How did you feel about them as a child? Was spirituality important to you as a child? Was it important to your family?
- Explain the relationship between your mom and dad around the time of your birth (were they married, engaged, dating, broken up, one night stand, or maybe your mother was unsure of who the father was).
- Did your mother have support from family/friends during her pregnancy? Were people excited about the pregnancy?
- Were there any significant life events occurring in your family around the time of your birth (such as job loss, divorce, marriage, death, accident, etc)?
- What type of work did your mother, father or parental figure do around the time of your birth? What was their financial situation?
- Briefly describe the personalities of each family member that lived in your home. (were they funny, serious, smart, artistic, shy, outgoing, troubled, mature, mean, etc.)

- **Physical/Emotion Needs**

- Were you provided with adequate food and water?
- Were you provided with adequate shelter (a place to sleep, protection from heat & cold, protection from intruders)?
- Were you provided with clothes appropriate for each season?
- Were you provided with a place to play, eat, sleep, and do homework?
- Were you ever slapped, kicked, punched, shoved, choked, burned, had your hair pulled, or had things thrown at you, in a way that left marks and caused pain?
- Did your caregivers ever physically abuse you?
- Did your caregivers ever scream, yell or verbally abuse you?
- Were you ever sexually abused?
- Did your caregivers ever call you names such as worthless, brat, loser, dummy, etc.?
- Were you ever punished for any age-appropriate choices you made as a child?
- Were you blamed for things that weren't your fault?
- Were you ever humiliated or teased?
- Did your parental figures favor any child over another?
- Did you or any of your siblings have to step up and take more responsibility than a child should have to take due to a parent's inability to be there?
- Did you feel as though your physical & emotional needs were met as a child?

- **Siblings** (*skip if you are an only child*)

- List all names & birthdates of siblings.
- Explain the relationships between you & your siblings during your childhood.
- What were the roles of you & your siblings in the family? (clown, trouble-maker, peace-maker, brain, blacksheep, etc.)
- Explain the relationships between your parental figures and each of your siblings.
- Did you favor one sibling over another?
- Did you play with your siblings?
- Were there any major fights/arguments among the siblings?

- **Growing Up**

- Who raised you during your childhood?
- Were there any other caregivers (relative, family friend, etc.) who had a significant role in raising you during your childhood? If so, list their names, role in your life, and description of each person from your point of view.
- Explain what it was like to grow up in your home.
- Who disciplined you? What method was used? How often were you disciplined? How did you feel about the discipline you received?
- Did your parental figure(s) spend a lot of time away from home during your childhood (business traveling, busy or odd job hours, or any other reason for being away)?
- Did you often have to move houses during your childhood? If so, how many times?
- Explain the home(s) you grew up in (what type of community, neighborhood, etc).
- What type of rules did you have growing up (no candy, can't watch certain movies, etc.)?
- Did you consider your parental figures strict or lenient?
- Was your home generally clean or dirty? Were there always dirty dishes laying around? Dirty laundry? Clutter? If it was clean, who did the cleaning?
- Did you have chores growing up? If so, what did you do?
- What were your hobbies as a child?

- **Intimacy**

- Did you consider your family to be close during your childhood?
- How did your family spend time together? Did you eat dinner together, go on vacations, spend holidays, etc. Did you enjoy time with your family?
- How were holidays spent?
- How were birthdays spent?
- Did you feel comfortable talking to your family about serious subjects?
- Did your parental figures (or anyone else) teach you basic life lessons, such as manners, relationships, self-care, sexuality, finances, etc.?
- Who were you closest to in your family?
- Were there any major fights/arguments between family members?
- What is your favorite memory of your family?
- What is your worst memory of your family?

- **Education**

- List the level of education received by each of your family members.
- Describe how you felt about school from kindergarten to 6th grade.
- Describe how you felt about middle school and high school.
- Did you make good grades or bad grades?
- Were you involved in any sports or extracurricular activities?
- Describe your friends throughout school. What type of activities did you do with friends?
- Were you bullied by anyone at school?
- Did you normally do your homework?
- How did your teachers treat you?
- Did you get in trouble often at school? If so, what types of things did you get in trouble for, and what kind of discipline did you receive?
- Did you have decent attendance, or did you often miss school? If you often missed, what were the reasons?
- Did you have reliable transportation to school?
- What did you like about school? What did you not like?
- Did you feel as though you were ever mistreated by a teacher, coach, faculty member?
- Were your parental figures involved in your school? Did they attend teacher/parent meetings, sporting events, talent shows, etc?
- List any major accomplishments/awards received during school.
- Did you dream about having a specific job in the future?

- **Other**

- List any important events (good or bad) during your childhood.
- List any vivid memories (good or bad) from your childhood.
- List any important relationships that haven't been mentioned.
- How do you think other people perceived your family?
- What kinds of things were important to you as a child? (family, friends, school, spiritual, relationships, having fun, sports, hobbies, etc.)