

## **A Guide to Writing Your Life Story**

The life story is an opportunity to learn more about you and your family in addition to the information we gain in training classes. The following questions are to serve as a guide to writing your life story. Using a separate piece of paper, in essay form please include answers to all the questions. For couples a separate life story will need to be written for each person.

### **I. Identifying Information:**

- a. What is your name? Your maiden name?
- b. Your date and place of birth.

### **II. Education:**

- a. Describe your school years including the highest grade completed, degree you obtained, your feelings about your school experiences.
- b. What part of school was most difficult for you? What was the easiest for you?
- c. What are your school expectations for a child placed in your home?

### **III. Occupation:**

- a. Where are you currently employed and what is your current position?
- b. What are your work hours?
- c. Describe your work responsibilities.
- d. What about your work is important to you?
- e. List your employment history.
- f. How do you think becoming a foster/adoptive parent might affect your work?

### **IV. Family Background Information:**

- a. Write a history of who you resided with from birth until you moved out on your own. Include identifying information (name, date of birth) of each family member who resided with you. Briefly describe your relationship with each family member as you were growing up. Provide an update as to where family members reside today and your current relationship with them.
- b. As you were growing up what role did religion play in your family? How does it relate to the role it plays now?
- c. Discuss any significant adult figures in your life with whom you did not reside with but had a significant impact on your life.

### **V. Leaving Home**

- a. How old were you when you left home?
- b. Why did you leave home?
- c. What was your families' response to you leaving?

### **VI. Marriage/Intimate Relationships**

- a. Is this your first marriage or partnership?

- b. Describe any previous marital relationships and the reasons the relationship ended.
- c. List any children you have from previous marriages or relationships that do not currently live with you including their date of birth, where they currently live, with whom they live with, and your relationship with them.
- d. Describe your current relationship including how and when you met, how long you've known each other, how long you have been married, how long you have lived with each other.
- e. Describe some of the struggles in your current relationship and how you and your partner address them.
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**VII. Children**

- a. List the children in your family including their name, age, grade and the school they attend.
- b. Describe each child's personality.
- c. In what ways are your ideas about raising children similar or dissimilar from your parents?
- d. How will you and your partner handle disagreements that may come up about child rearing practices?
- e. If you have children what have you found to be most challenging about being a parent? What have you found to be the most rewarding?
- f. Have you ever been a parent to someone else's child? If so please explain.

**VIII. Discipline:**

- a. What forms of discipline were used on you as a child? By whom?
- b. What are your methods of discipline?
- c. What are your expectations of children?
- d. What supports can you identify that can help you manage a difficult situation with a child.

**IX: Interest In and Expectations of Foster Parenting and Adopting:**

- a. What made you think about becoming a foster/adoptive parent at this time?
- b. Have you ever been in foster care? Were you adopted?
- c. Do you know anyone who has been in foster care or adopted?
- d. If you are interested in becoming a foster parent under what circumstances might you consider adopting a child?
- e. Are you physically able to have a child by birth? If yes are you planning to have a child/children by birth in the future?
- f. As you think about becoming a foster/adoptive parent what do you think you will like the most?
- g. What worries/fears/anxieties do you have about becoming a foster/adoptive parent?
- h. What concerns do you think others in your family will have and what do you think they will like best?

### **Conclusion/Evaluation**

- a. What personal strengths and background do you have that will enable you to parent children with special needs?
- b. What behaviors in a child would you find the most difficult to work with and why?
- c. Adding a new child to your family will mean changes to your present way of life. What do you think will be the major changes and how will you handle these?