

# LIFE SCRIPT

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(Full Name)

(Birth Date and Place)

1. Mother's name \_\_\_\_\_ Occupation \_\_\_\_\_

Name friends called her \_\_\_\_\_

What adjectives best describe your mother? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Father's name \_\_\_\_\_ Occupation \_\_\_\_\_

Name friends called him \_\_\_\_\_

What adjectives best describe your father? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What was your mother's favorite saying about life? Her main advice to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. How did your mother praise you? What did she say? What was your response?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. How did your mother criticize you? What did she say? What was your response?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. What's the nicest thing your mother ever said to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. What's the worst thing your mother ever said to you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. What was your father's favorite saying about life? His main advice to you? \_\_\_\_\_

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9. How did your father praise you? What did he say? What was your response? \_\_\_\_\_

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10. How did your father criticize you? What did he say? What was your response? \_\_\_\_\_

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11. What's the nicest thing your father ever said to you? \_\_\_\_\_

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12. What's the worst thing your father ever said to you? \_\_\_\_\_

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13. Number, age, and sex of siblings in order: \_\_\_\_\_

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14. Were there other significant people in the home? Briefly describe each and their impact on you. \_\_\_\_\_

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15. Age of parents at time of your birth. Mother \_\_\_\_\_ Father \_\_\_\_\_

16. To whom could you confide most comfortably? \_\_\_\_\_

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17. To which sibling (s) were you closest? \_\_\_\_\_

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18. How were feelings handled at home? \_\_\_\_\_

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19. How did you get along in school? \_\_\_\_\_  
\_\_\_\_\_ How did you get along in  
school with same sex peers? \_\_\_\_\_  
\_\_\_\_\_ How did you get along with opposite sex  
peers? \_\_\_\_\_  
\_\_\_\_\_
20. What nicknames have you had? What do they mean? What meaning did they have for you?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
21. What did your mother want you to be? \_\_\_\_\_  
\_\_\_\_\_
22. What did your father want you to be? \_\_\_\_\_  
\_\_\_\_\_
23. What did you hope to be when you were an adult? \_\_\_\_\_  
\_\_\_\_\_
24. Describe yourself now and as a child, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
25. What do you like most about yourself? \_\_\_\_\_  
\_\_\_\_\_
26. What do you like least about yourself? \_\_\_\_\_  
\_\_\_\_\_
27. What's the nicest thing anyone ever said to you? \_\_\_\_\_  
\_\_\_\_\_
28. What's the worst thing anyone ever said to you? \_\_\_\_\_  
\_\_\_\_\_
29. Who was the most significant person (s) in your life? \_\_\_\_\_  
\_\_\_\_\_

If the most significant person was one of your parents, who else was a significant person (s) in your life? \_\_\_\_\_

Explain briefly. \_\_\_\_\_

\_\_\_\_\_

30. Have you ever felt that something might be wrong with you? If yes, what? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

31. When did you last think about suicide? \_\_\_\_\_

\_\_\_\_\_

32. When did you last wish someone else would die? \_\_\_\_\_

\_\_\_\_\_

33. Were you ever involved with the police, other than traffic violation? \_\_\_\_\_

\_\_\_\_\_

34. When you were young and things did not go well for you what did you feel and think?

\_\_\_\_\_

\_\_\_\_\_

35. What's your most vivid childhood memory? \_\_\_\_\_

\_\_\_\_\_

36. What feelings have been most disturbing to you? \_\_\_\_\_

\_\_\_\_\_

37. How did others at your house respond in a situation of stress? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

38. What was your favorite child story, fairy tale, TV program, etc.? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

39. How did the story go? What was your favorite part? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

40. If everything goes wrong, where will you be 5 years hence? \_\_\_\_\_  
\_\_\_\_\_10 years hence? \_\_\_\_\_
41. If everything goes well, where will you be 5 years hence? \_\_\_\_\_  
\_\_\_\_\_10 years hence? \_\_\_\_\_
42. How do you think you might die? At what age do you think you might die? \_\_\_\_\_  
\_\_\_\_\_
43. What will people say at your funeral about you? \_\_\_\_\_  
\_\_\_\_\_
44. What will it say on your tombstone? \_\_\_\_\_  
\_\_\_\_\_
45. What would "heaven on earth" be for you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
46. What do you wish your mother had done differently? \_\_\_\_\_  
\_\_\_\_\_
47. What do you wish your father had done differently? \_\_\_\_\_  
\_\_\_\_\_
48. Do you (or have you ever) felt responsible for either or both of your parents? Explain.  
\_\_\_\_\_  
\_\_\_\_\_
49. If by magic you could change anything about yourself, what would you change?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
50. What do you want most out of life? \_\_\_\_\_  
\_\_\_\_\_
51. What is your biggest problem? \_\_\_\_\_  
\_\_\_\_\_
52. What did your mother think about being a woman? \_\_\_\_\_  
\_\_\_\_\_
53. What did she think about men? Your response? \_\_\_\_\_  
\_\_\_\_\_

54. What did your father think about being a man? \_\_\_\_\_

\_\_\_\_\_

55. What did he think about women? Your response? \_\_\_\_\_

\_\_\_\_\_

56. Have you had treatment or counseling before? If yes, explain and evaluate. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

57. How was your health? \_\_\_\_\_

\_\_\_\_\_

58. Were there severe problems like alcoholism, drugs, traumas, deaths, illness, etc. in your family? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_What effect did they have on you? \_\_\_\_\_

\_\_\_\_\_

59. What were 3 of the most influential experiences you had growing up and how did they influence you? \_\_\_\_\_

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\_\_\_\_\_