

Counseling Questionnaire

Please print this questionnaire off and answer the questions to the best of your ability. If you need more space, turn the page over and complete your response there.

1. What was your dad like when you were young?

2. What was your mom like when you were young?

3. Are your parents still married? _____ If not, were they ever married? _____ How old were you when they divorced? _____ How did their separation affect you?

4. List your siblings from oldest to youngest. Include yourself and any siblings that are no longer living. Also include half siblings (children of either you mom or dad but not both.) Give the current age of each one and a short description. List your parents' stepchildren on the back of this sheet.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. Did either your mom or dad have favorites? Who? Why?

h. Did any of them get the worst of the punishment from either of your mom or dad?

i. Is there anyone (mom/dad/siblings/you) who has significant drug or alcohol problems? How has that impacted you?

5. List your children from oldest to youngest. Include any children that are no longer living. Give the current age of each one and a short description.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

6. Describe your spiritual experiences from early childhood until now:

7. What was school like for you from kindergarten to grade 4?

8. What was school like for you from grade 5 through grade 8?

9. What was high school like for you?

10. What work experiences have you had?

a. What was the best? Why? _____

b. What was the worst? Why? _____

11. Describe each of your marriages or significant relationships.

12. What do you like to do for fun?

13. What do you use to decrease stress?
