

## Life History

### STAGE 1 – INFANCY: (1-5 years)

Knowing ourselves begins with being aware of our family roots and the important things that happened to us in childhood.

- 1 When and where were you born?
- 2 Say something about the family; mother, father, brothers and sisters.
- 3 Describe the background of your family at the time of your infancy, the culture, prosperity or lack of it, and home life in general.
- 4 Was religion important then?
- 5 Give some of your earliest memories: some joyful ones, some sad ones
- 6 Anything else from this time you think important in getting to know yourself.

### STAGE 2 – CHILDHOOD: (5-12 years)

Schooldays are when we begin to learn about the world, have our first dreams, make our first mistakes. From this time our conscience is formed and we begin to battle with right and wrong.

- 1 What kind of person were you becoming at this time?
- 2 Do you think of school days as happy days or not? Were you successful?
- 3 List the strongest influences in your life during these years,  
e.g., Religious practices ...  
A war going on maybe .....  
Economic problems ...  
Any illnesses, deaths ...
- 4 What was your family life like then?
- 5 On the brink of your adolescent years, list the character traits you see in yourself then. What were your stubborn defects? What were the good points that made you happy with yourself?

### STAGE 3- ADOLESCENCE: (13-18 years)

You matured physically and sexually during these years and perhaps education was of great importance just then.

- 1 How did you cope with your emerging sexuality, relationships and friends?
- 2 What did you think about your school life? Did you enjoy book work, sports, drama, music, etc?
- 3 Try and recall the strongest feelings you had at this time; any fears, resentments, guilts, shyness, etc.
- 4 Maybe there are some very important events you need to talk about that happened here.
- 5 At eighteen years of age what sort of person do you see yourself to be?

STAGE 4 - THE YOUNG ADULT: (18-25 years)

You made some difficult choices at this time, or maybe circumstances forced you along new paths, or did you just drift along?

- 1 What happened after Secondary School – further education? – the first job?
- 2 What were the most important things that happened to you at this time? E.g., relationships, falling in love. Leaving home, any problems.
- 3 How about your parents then? How did you relate to the them?
- 4 What sort of person do you feel you were at 25 years of age? Happy/sad, making good choices, free/trapped. loving/loved/lonely.

STAGE 5 - ADULTHOOD (1): (25-35 years)

- 1 What significant events happened during these years?
- 2 How did you experience yourself in relation to:
  - (a) Work,
  - (b) self,
  - (c) others,
  - (d) God

STAGE 6 - ADULTHOOD (2): (35-midlife)

- 1 What significant events happened during these years?
- 2 Did you notice any change in yourself:
  - (a) physical
  - (b) emotional
  - (c) intellectual
  - (d) spiritual?

STAGE 7 - MIDLIFE:

- 1 What happened to you then?
- 2 What is happening to you now?
- 3 What other questions would you put to yourself in this space?

STAGE 8 - RETIREMENT:

What would you like this time of life to be for you? How can you achieve this?