

Your Life History

Better understand where you come from and what factors have influenced your life.

1. Think about where you grew up.

- a. What type of culture surrounded you?
- b. What was your socioeconomic status?
- c. Was this typical of your neighborhood?
- d. Did religion play any factor?

2. What was your family situation?

- a. Did you have any siblings?
- b. Where was the rest of your family geographically situated?
- c. Did anybody else, other than your parents, act as a mentor to you?

3. Think about your early life experiences.

- a. Did you experience anything possibly traumatic?
- b. Was/were this/these experience(s) recurring?
- c. What impact did this/these event(s) have on your development?

4. Think about your education.

- a. What type of student were you?
- b. What external factors influenced your performance?
- c. What was expected of you (by others/by yourself)?
- d. How successful were you in pursuing education?
- e. How did your education change your view of life?
- f. Did you have any interruptions to your education?

5. Think about your career.

- a. What did you dream of becoming as a kid?
- b. How did that dream change over time?
- c. Why are you doing what you are doing now?
- d. Are you happy with your job?
- e. Did you have any interruptions to your career?
- f. How has your career supported/blocked you in/from experiencing life or learning?
- g. How has your career supported/blocked your involvement with your family?

6. Think about your relationships and marriage(s).

- a. How long were/have you been together?
- b. Where did you meet?
- c. What were your initial expectations?
- d. If married, how many relationships led up to this marriage?
- e. How many times have you been married?
- f. What is the context behind multiple marriages?

7. Think about your sexual development.

- a. At what age did you experience puberty?
- b. Is this earlier or later than you expected/wanted?
- c. At what age did you first have sex?
- d. Is this earlier or later than you expected/wanted?
- e. (For women) At what age did you experience menopause?
- f. Have you used contraceptives?
- g. Did you have any abortions? Miscarriages?

8. Think about your children.

- a. How many children do you have?
- b. Is this ideal? Why/why not?
- c. How old were you when you had your first kid?
- d. Was this ideal? Why/why not?
- e. Is the gender mixture of your children ideal? Why/why not?
- f. Is the spacing between your children ideal? Why/why not?
- g. Was the spacing purposeful?
- h. Are all children born to the same partner?
- i. How does your partner's ideal scenario stack up against your's?
- j. Did you make any compromises?

9. Again, think about your family.

- a. How does your ideal family compare to your childhood?
- b. Did any life events influence your ideal family scenario?

10. Look back on your life.

- a. What tradeoffs did you face throughout your life?
- b. Is this ideal?
- c. Will historic tradeoffs influence future decisions?