

Parent Autobiography

Your autobiography should include the following details:

1. When and where were you born?
2. Describe the family you grew up in (family of origin).
3. What was it like for you when you were a child?
4. Describe each member of your immediate family and write about how you feel about each one.
5. Write about any family traditions or rituals you have.
6. Write about at least two of the suggestions below:
 - Share a personal story from your life where you felt a lot of fear and how you got through it.
 - Share an experience from your life where you made a mistake and had to work to make things right again.
 - Share an experience from your life where you had to do something really hard and didn't think you were capable. How were you able to get through the situation?
 - Write a list of 5 things that you wish you had known when you were a teenager.
 - What are the most important lessons you learned from your own parents while growing up?
 - What are some of the most important lessons you have learned in your life.
7. Describe your close friends and write about how you feel about each one.
8. Describe what values you have and if you feel like you are living true to those values or not.
9. Describe the time when you feel like your daughter's world first start to go awry.
10. Describe the events that brought your family to New Haven. Please talk about your feelings regarding these events.
11. Write about your strengths:
 - What do you do really well?
 - What do you love to do?
12. Describe your hopes for your future.
13. Describe the hopes you have for your daughter's future.

After you have finished, send your autobiography to your family therapist and he/she will help you make revisions, if needed. When you are done, send the final copy to your family therapist, so that you can share this with your family in a family therapy session.