

Autobiography

Your autobiography should include the following details:

1. When and where were you born?
2. What is your earliest childhood memory that you can remember?
3. What was it like for you when you were a child?
4. Describe each member of your family and write about how you feel about each one.
5. Describe each of your friends and write about how you feel about each one.
6. Describe what values you have and if you feel like you are living true to those values or not.
7. Describe the time when you feel like your life first started to “go wrong”.
8. Describe the events that brought you to New Haven.
 - What was the journey like for you personally?
 - How did it affect those around you? (Family and friends)
 - How do you feel about what happened?
9. Write about:
 - **Emotional struggles** - Do you ever feel like your mood is “out of control”? Do you feel like it is acceptable to express emotion at home or is your home too emotional about issues? Talk about how these have affected you.
 - **Family issues** - Talk about how you get along with your family. Are your parents divorced, married, separated, single parent family? How has this affected you?
 - **Drugs/alcohol and/or Self-Harm** - Have you ever used drugs or alcohol? Do you intentionally injure yourself? Talk about how you learned about these behaviors, and what experience you have with both. How has this affected you?
 - **Legal** - Have you ever been in trouble with the police or broken the law and not been caught? What was that experience like for you?
 - **Physical problems** - Do you have asthma, long term pain, diabetes, any long-term physical conditions that you struggle with? Write about how they have affected your life.
 - **Eating disorder behaviors** - Talk about if you struggle with liking your body, binge eating, etc.
 - **Honesty issues** - Do you find it hard to be honest? Is it easy for you to lie? Talk about how this has affected you, your friends, and family.
10. Write about your strengths:
 - What do you do really well?
 - What do you love to do?
11. List the two most important people in your life.
12. Describe what your hopes are for your future.

After you have finished, read your autobiography with your Values Coach and he/she will help you make revisions if you need to. When you are done, take the final copy to your therapist.

