



Life Story Questionnaire

Client Name:

Names and relations of family members:

Spouse:

Children:

Grandchildren:

*= deceased

Your Family Background

What was your mother's name? Your father's name?

When and where were they born?

Where did they live?

How did they make a living?

What do you remember most about your mother / father?

What other family members do you remember?

Do you know your ancestry?

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2

Do you know family stories about any of your ancestors?

Did they have any special traditions?

Do you have any special objects or mementos of any of them? Perhaps there is a special place or activity reminiscent of a family member.

Your Childhood And Growing Up

When were you born?

Where?

How many kids were there in your family?

What are their names and who was eldest and who was the youngest?

Who are/were you closest to in your family?

What would you do together that was special?

What kind of family chores did you do when you were young?

Did you have a job when you were in school?

Where did you go to school? Did you have any special teachers? Why were they special to you?

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3

What are your clearest memories of childhood?

What kinds of food did you eat? Who made it? Where and how?

Did you have any pets? (Type, breed, name)

What were your hobbies?

Which sports did you participate in when you were young?

Do you remember when you got your first bicycle, and what it was like?

When did you get your first car and what kind was it? How much did it cost?

When you were growing up, what was your favorite movie, book, radio program or song?

Where was your favorite place? (Perhaps a fishing hole, vacation spot)

How did your family spend a typical day or evening?

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4

How did you spend family time (eg. games, picnics, different holidays, gifts, traditional events, entertainment, storytelling)?

What is your favorite childhood story?

Who were your friends, heroes, role models?

Did you ever get into trouble at school? What happened?

Do you remember your graduation day? What was your achievement? Who was there? How did you celebrate?

Did you later continue your education? Explain...

Adulthood

When did you first leave home and why? Where did you move to?

What kind of job did you first have? How did you land the job?

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What else did you do to earn a living over the years?

What job was most fulfilling for you? Why?

What activities did you enjoy in your spare time?

Music? Did you play an instrument? Which one?

Did you sing?

Attend or play in concerts?

Have a favorite composer, artist, etc?

What is your favorite kind of music?

Read? What subjects did you enjoy?

What authors did you enjoy?

What were your favorite books, newspapers, magazines?

Games? Favorite board games?

Favorite card games?

Enjoy puzzles, crosswords, word search?

Other?

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6

Art? Favorite art activity?

Comment:

Sports? Favorite sports you played?

Sports you followed as a spectator in person or on TV?

Volunteering? Where?

What did you do?

Sewing/crafts/woodworking/metal work?

What did you make? With whom?

Watching TV? Favorite shows?

Other activities?

Did you ever receive any kind of award or honor? What was it/were they for?

Where did you meet your husband/wife? What did you like about him/her?

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How did the proposal go?

Where did you get married? What did you wear? Who celebrated with you?

Did you go on a honeymoon? Where to? Do you remember anything special about it?

Who were your family friends?

What family events and vacations do you remember best as your children were growing up?

Where did you raise your family?

What cities have you lived in?

Where have you travelled/visited?

Is your religion important to you? If so, what is your faith? (eg. Catholic, Jewish, Christian etc.)

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Retirement

Where did you live after you retired?

What did you do for fun after you retired?

Did you take up any hobbies after you retired?

Things have changed greatly since you were a child.

What do you think are important things that have not changed?

What important things have changed?

If you could be anywhere again, where would you be? Why?

If you could go anywhere in the world, where would it be? Why?

If you could talk to any famous person, who would it be? What would you talk about?

Is there anything that you regret not doing?

Is there anything you are especially proud of?