

PERSONAL & RELATIONSHIP HISTORY QUESTIONNAIRE

Name:

Today's date:

Your age & date of birth:

Marital status:

1. Describe the problem for which you are seeking help.
2. When did it start?
3. What was going on in your life at that time?
4. How will your life be different when you overcome this problem?
5. Whom do you lean on now when things get rough?
6. Describe your social support system.
7. Do you have key relationships that have stood the test of time? If so, whom with?
8. Describe any significant previous losses in your life.
9. Briefly describe any past traumas or abuse if you have had any.
10. When you are in need, do you reach out to others? If not, why not?
11. Have you ever reached out to others? Has anyone ever been there for you?
12. Are you able to take in love or be nurtured by others? If not, why not?
13. What was your childhood and adolescence like?

Personal & Relationship History

13. What was your family life like growing up?
14. Were you close with your mother or father, or mother or father figures? If not, why not?
15. Do you have brothers or sisters? Were you close with them as a child? What about now?
16. Growing up, did you have aunts and uncles and cousins? Were you close with any of them?
17. What did your friendships look like growing up? Did you spend time with friends?
18. Were you involved with sports or other activities?
19. What was school like for you?
20. Was there support outside the family (e.g., neighbors, church, clubs, organizations)?
21. Whom did you turn to for comfort when you were young? Could you always count on this person or these people?
22. How did you let this person/these people know you needed comfort? When were you most likely to seek comfort from them?
23. How did you comfort yourself?
24. Did you ever conclude that people were not safe? Please explain.
25. Did you ever turn to alcohol, drugs, sex, or food for comfort?

Personal & Relationship History

26. Were there times when you needed someone and had no one to turn to? What did you do?
27. How were feelings dealt with in your family during your childhood? Did it feel safe to share your feelings? Did you have a safe person with whom to share your feelings?
28. Whom did you turn to when you were sad? Anxious? Scared? In pain? How were you comforted during those times?
29. Have you had any history of abuse, loss or trauma? Please explain.
30. How did you deal with the above? How did you comfort or soothe yourself?
31. Please describe any history you have of substance abuse.
32. Please describe any history you have of mental health, psychiatric or emotional problems.
33. Please describe your medical history. Please list any medications you are on.
34. Do you have any history of suicidal ideation or thoughts? Please explain.

Personal & Relationship History

35. Do you have any history of self-harm behaviors or suicide attempts? Please explain.

36. Please summarize your work history.

37. Please summarize your educational history.

38. Have you ever been bullied or teased or outcasted? Please explain.

39. Whom are you closest to currently?

40. Do you have any hobbies? Please explain.

41. Is there anything else you think we should know?