

# Life-Script Questionnaire

Please write all answers on this form. If you need more space, use a separate sheet.

Name:

Date:

1. Describe yourself; what do you like most about yourself?

2. Describe yourself; what do you like least about yourself?

3. What do you feel good about?

4. What do you feel most bad about?

5. Describe the bad feeling that you have had most often in your life.

6. What has been the worst experience in your life? Describe it. Who was there; what they were doing; what you were doing, etc.

7. What has been the best experience for you in your life? Describe it. Who was there; what they were doing; what you were doing, etc.

8. What do you most fear?

9. When you were little, what did you want to be as a grownup?

10. What did your mother want you to be?

10. What was your mother's main advice to you?

12. What is the worst thing your mother said to you?

13. What is the best thing your mother said to you?

14. What do you wish your mother had done differently?

15. What did your father want you to be?

16. What was your father's main advice to you?

17. What is the worst thing your father said to you?

18. What is the best thing your father said to you?

19. What do you wish your father had done differently?

20. Were your parents happily married to each other? If yes, how did you know that? If no, did they stay together, get a divorce, etc.?

21. What birth position do you occupy in your family (i.e. oldest, youngest, only child, oldest in mother's new family)?

22. What role did you play with your brothers and sisters (i.e. the quiet one, the black sheep, etc.)?

23. What is your earliest important childhood memory?

24. What did you have to do as a little kid to bring a smile to your parents' faces?

25. What was (is) the myth (family story) in your family about your birth?

26. What would be "heaven on Earth" for you?

27. How long do you imagine you will live?

28. How do you imagine you might die?

29. Imagine what will be written on your tombstone (epitaph).

30. Who is your favorite character (movie, TV, stories)?

31. What was your favorite story or fairy tale when you were little?

32. Briefly describe a recurring dream you have, if any.