

## **PARENTAL RESPONSIBILITIES EVALUATION**

### **AUTOBIOGRAPHY GUIDELINES**

Please provide me with a written “capsule” of your life experience, focusing especially on the relationships and events most influential in shaping the person you are today.

As a guideline, many people find they can do this comfortably in about five to ten pages, but take the time and space that works best for you.

In your discussion, please touch on:

- Who was in your family when you grew up? Did this change?
- What are your earliest memories?
- What were your relationships with family members like?
- What are these relationships like now?
- How was discipline handled?
- How did grade school go for you? Junior High?
- Your high school experience?
- Friendships? Dating? Marriage(s)? Work experience?
- Parenthood?

Please describe major events in the family (e.g., divorce, significant injury or illness, moves, abusive or traumatic incidents, substance abuse [yours or others’], deaths, etc.) and their impact on you.

If law enforcement has been involved during either your marriage or separation, please discuss.

Please complete and return within 30 days.

*01/2018 Julie Van Heyningen, Psy.D., P.C.*