

## Key Things to Consider When Taking a History (w/sample questions)

### 1. Family

- Birth Order
  - a) How many siblings do you have?
  - b) Where do you fit in?
  - c) How many years difference between you and them?
  - d) Was favoritism shown to other siblings?
  - e) How did you relate to your siblings? Was there jealousy?
- Divorce or Deaths
  - a) Are you parents living?
  - b) If so, are they living together?
  - c) If one or both died or they are separated, what age were you at the time?
  - d) If such changes took place, where or with whom did you live afterward?
  - e) Was this the only marriage for your parents?
  - f) If a step-parent were involved, how were you treated? Compare your treatment with that of stepbrothers and stepsisters by the stepparent.
  - g) If you had to leave the parental home, what was your living situation? How did you feel about it? Were one or all the siblings with you?

### 2. Mom & Dad's Relationship

- Do you remember your parents ever fighting/in conflict? If so, describe what that looked like. What did you do?
- Who would you say was the more dominant in the relationship/family? Describe.
- Did your parents demonstrate affection toward one another? Describe.
- How did they communicate with one another?

### 3. Mother (Father); start with the most painful one

- Rejections
  - a) Were either or both of your parents overprotective? If so, how?
  - b) Describe what your family life was like, i.e., did Mom work outside the home or stay home; did Dad work? What was the family routine like?
- Describe the personality of your mom/dad.
- Attention: Together, Interest in activities, Communication
  - a) How did your parents relate with you? "United front" /Individually?
  - b) How did your parent(s) communicate with you?
  - c) Were your parents involved/interested/attend your activities?
- Affection
  - a) Did either parent express or show love? If so, how?
- Expectations:
  - a) What would please Mom/Dad?
  - b) What happened when you disobeyed or didn't meet their expectations

### 4. Early Years

- Describe yourself as a child.
  - a) Outgoing? / Withdrawn?
  - b) Happy? /Sad?
  - c) Any close friends in the neighborhood/at school?

- Trauma & Pain
  - a) Do you vividly recall any significant happenings—bad or good—prior to beginning school?
  - b) Any moves/ school changes?
  - c) Illness/accidents?

#### 5. School

- Grades: Mom & Dad's Reaction
- Social: Loner, Leader, Follower, Bully/Bullied?
- Any significant changes in your attitude toward yourself or others during junior high/middle school years? Were you an early/late bloomer?
- Any significant events?
- What were you like in high school?
- Did you complete high school?
- What did you do after high school? (College/work/military service/marriage)

#### 6. Dating

- Broken Hearts
- Fears, Rejections
- Sexual Issues
  - a) Did you date? If so, when did you begin dating?
  - b) Any "steadies"? Opposite or same sex relationships?
  - c) Pornography?
  - d) Masturbation?

#### 7. Work

- When did you begin working?
- Are you currently employed? Describe your job.
- Any issues with authority in the work place?
- Job Changes: Fear of Failure

#### 8. Marriage/Children

- Are you currently married? If so, at what age did you marry?
- Multiple marriages?
- Children/stepchildren?
- Describe your marriage(s).
- Any sexual challenges?
- Financial challenges?
- Describe communication with your spouse.

#### 9. Traumas

- Sexual Abuse
  - a) Were you ever sexually molested? At what age? Same/opposite sex? Same age/or adult?
  - b) Did you ever tell anyone about it? If so, how long after? If not, why not?
- Abortion?
- Any Physical/Verbal/Emotional Abuse?

#### 10. Spiritual History

- Did you attend church as a child?
- When did you receive Christ? Describe.
- Are you currently connected with any church?
- Regular attendance? Active in ministry?