

*Ann Anderson Counseling & Consulting*  
*Life History*

Previous Psychotherapy/Counseling Y N With who?  
How Long?

If Helpful, How?

Previous Hospitalization ( self or family member)

Children: (if none leave blank)

Names	age	sex
education		

FAMILY HISTORY

MOTHER

Name:

Living\_\_\_\_\_ If yes, her age\_\_\_\_\_

Deceased\_\_\_\_\_ If yes, her age at death\_\_\_\_\_ Your  
Age\_\_\_\_\_

Cause of death\_\_\_\_\_

Her Education\_\_\_\_\_

Occupation\_\_\_\_\_

Describe Her( Physical Characteristics, Personality, Etc.)

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What you like(d) most about your MOTHER:

What you like(d) least about your MOTHER:

Your Mother showed her affection by:

Your Mother disciplined you by:

My mother's favorite child was:

WHY?

When I think of my mother, the first thing that comes to my mind:

FATHER

Name: the

Living: \_\_\_\_\_ If yes , his age\_\_\_\_\_

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Deceased: \_\_\_\_\_ I yes, his age at death \_\_\_\_\_ your  
age \_\_\_\_\_

Education: \_\_\_\_\_

Occupation \_\_\_\_\_

Describe your FATHER : ( personality, physically,etc.)

What I like(d) most about your father:

What I like(d) least about your father:

My father showed his affection to you by:

My father disciplined me by:

My father's favorite child was: \_\_\_\_\_

Why: \_\_\_\_\_

When I think of my father, the first thing that comes to mind :

Describe your parents relationship:

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How did each show affection to the other?

Mother:

Father:

How did they deal with conflict within their relationship?

Describe your experience in school (grades, extra-curricular activities, motivations etc.)

What was (were) your favorite subject(s) in school?

WHY?

What did you like about this subject?

Did you serve in the Military? If so how long?

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What was this experience like?

Please give work history, indicating the best and worst part of the job(s).

Please list the most significant events of your life .( use back of this page or additional paper if needed: