

Exercise

MY LIFE STORY

For parents, their own life story will often guide what type of parent they will be. Some people think that because no-one has experienced the same life as anyone else, only an individual can truly understand their own reality .

This exercise gives you a chance to share your life story with the practitioner, to help them understand your life experiences up to now and how this has shaped you as a person / parent.

This works best on a big sheet of paper with coloured pens. If this is not practical you can use the template on the next pages. It does not matter how many pages you use.

Your social worker will start by saying **tell me about your life**, the idea being that you will start off with where you were born, who you lived with and what they were like.

Next you will move in order through your story, talking about your school, your feinds, your family and how these things grew and changed.

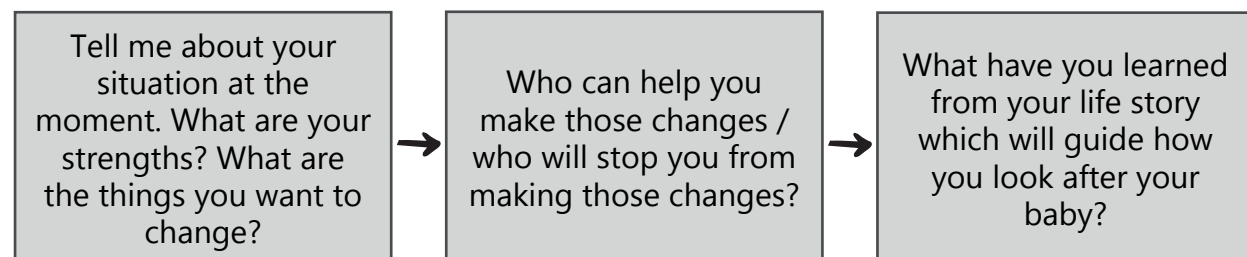
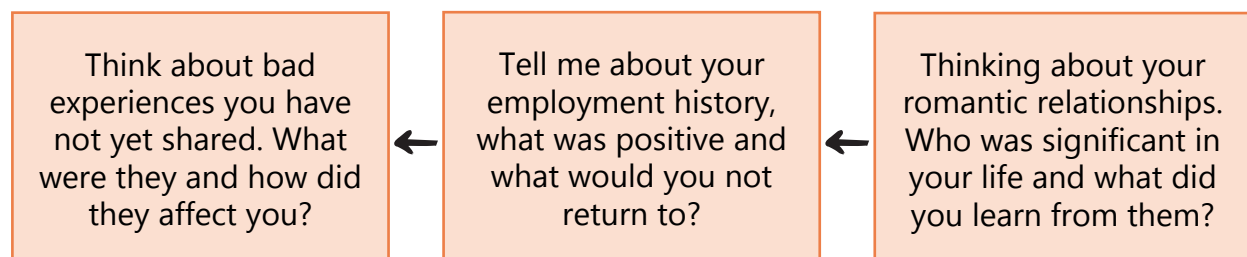
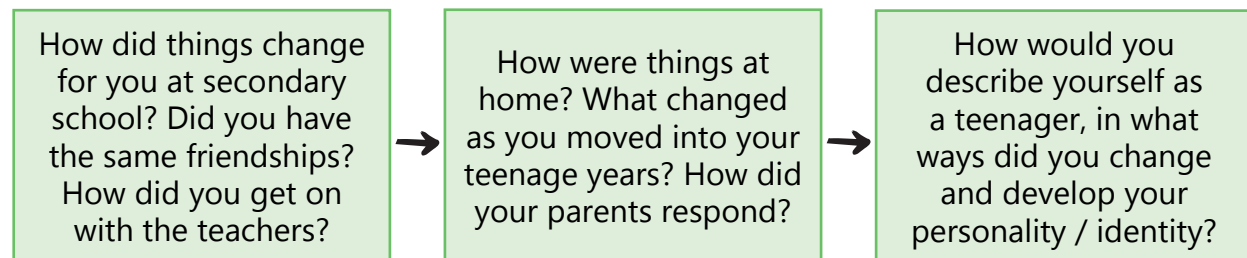
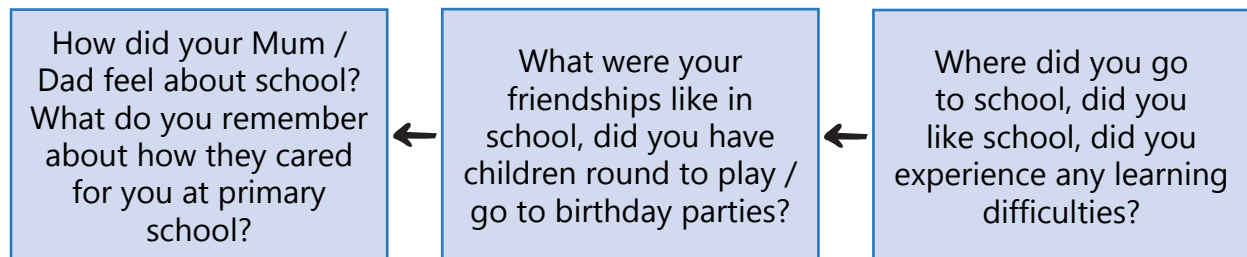
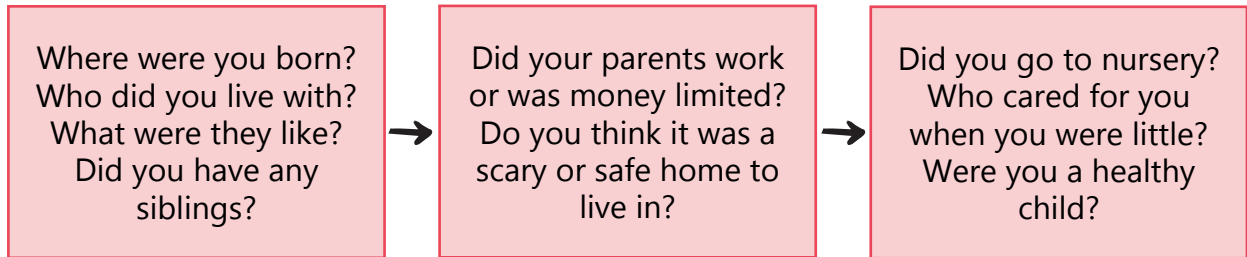
Try to cover the following:

- Your early childhood experiences.
- Your relationship with your family.
- Your friendships.
- Any health difficulties you experienced.
- Your school / work career.
- Your romantic relationships.
- Any hardship or difficulties that you exprienced and overcame.
- Key points when things changed for you.



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START



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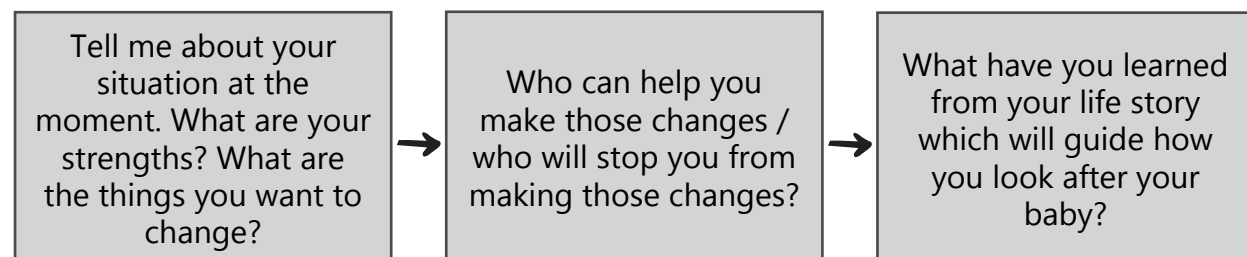
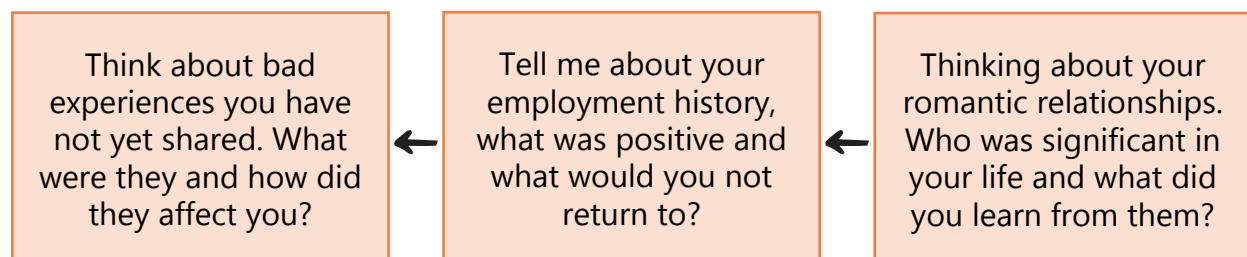
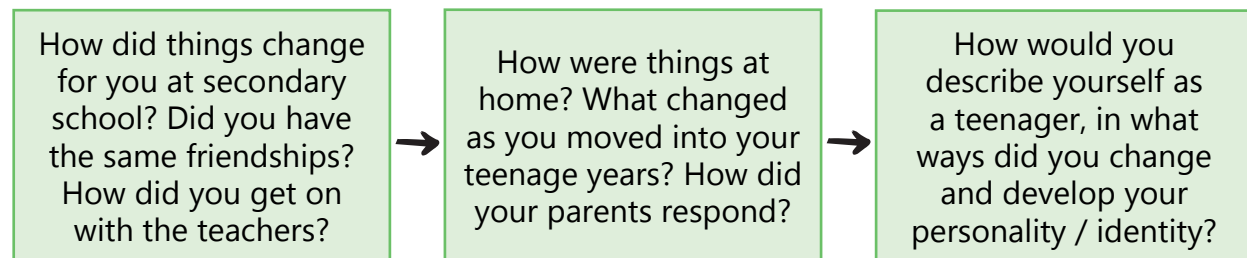
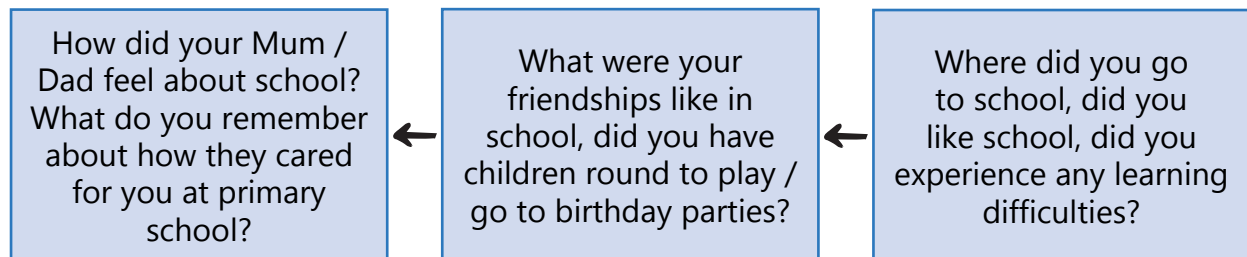
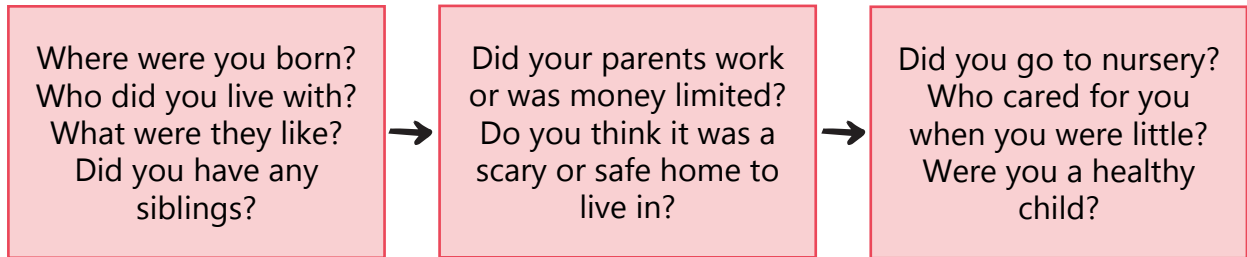
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