

My Life story



Name:

Please help me to complete

My Life Story Book.

It will help us to get to know each other, and provide me with something familiar.

We may even find we have things in common!

It should help to calm my mood, and give us lots to talk about.

It may also help to build a special trust between us, and most important of all ...

My Life Story Book

will help us to have fun together!

Introduction to my life

Date of Birth: / /
.....

Place of Birth:

Family

Mothers name and occupation:

.....

Fathers name and occupation:

.....

Position in family: (i.e. oldest, youngest, middle)

.....

Names of sisters and brothers: (eldest first)

.....

.....

Other family members:

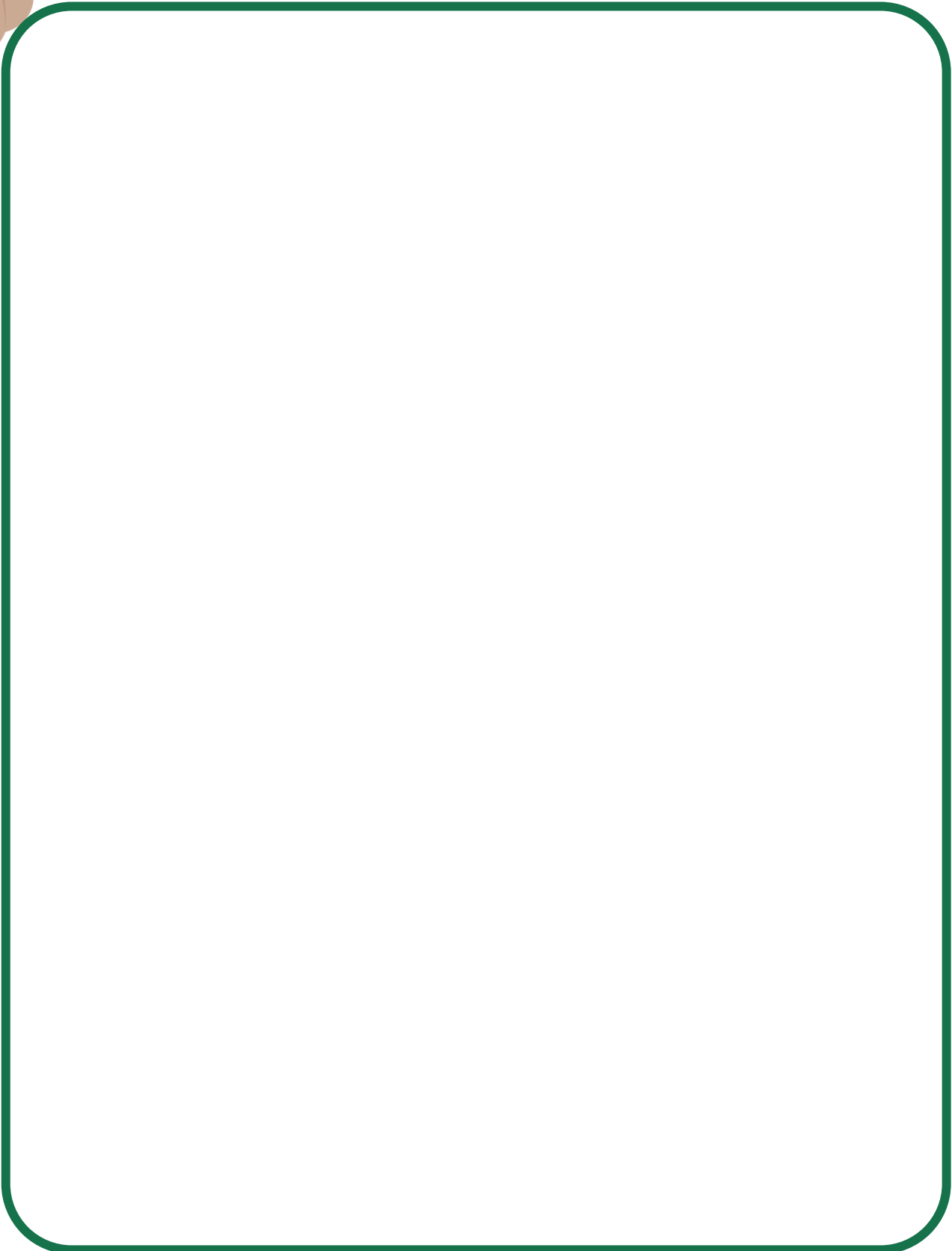
.....

.....



Relationships

You could include: parents, grandparents, children, siblings, husband or wife, partner, friends or pets.



My Childhood

You could include:
where you lived, memories of school,
lessons and teachers, toys and games.



My work life

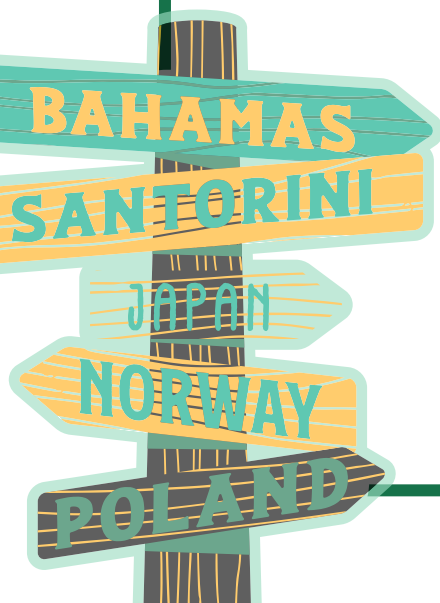
You could include:

first job, favourite job, a job you disliked or loved,
a job you would like to have done, work colleagues.



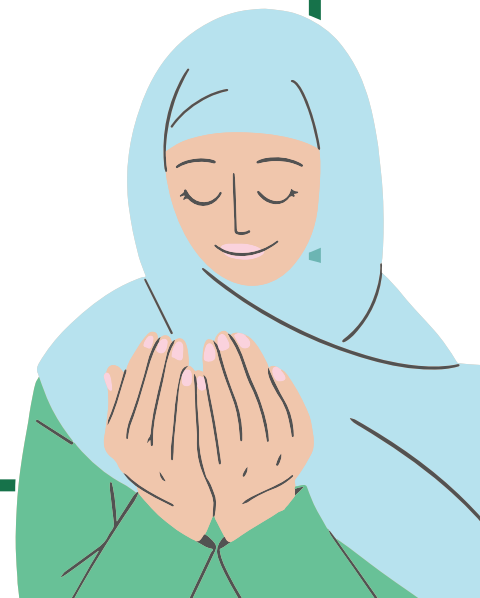
Special Places

You could include:
a special place you lived, holidays, outings,
where you would like to have visited, other places important to you.



Beliefs

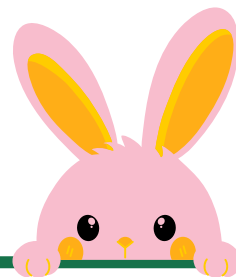
You could include:
religious or spiritual beliefs, places
of worship that are important to you.



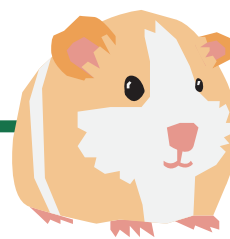


Pets

You could include: pets you or a family member have loved.

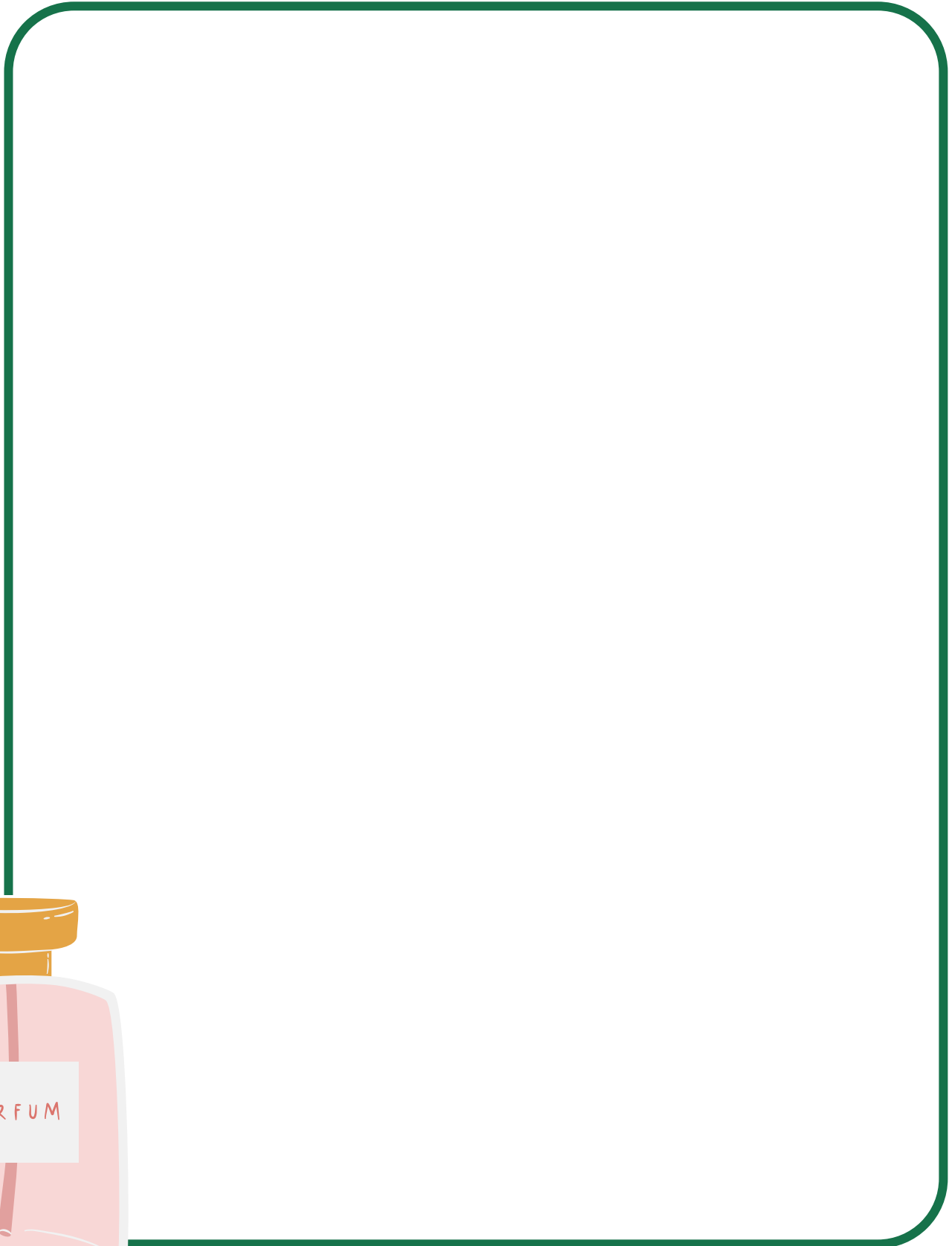


A large, empty rectangular box with rounded corners and a dark green border, intended for writing about pets.



Smells

You could include:
your favourite food, perfume, flowers,
smells that remind you of happy times.





Things I like to wear

You could include:

a special hat, dress, shirt, pair of slippers or jewellery.



Memorable Life Events

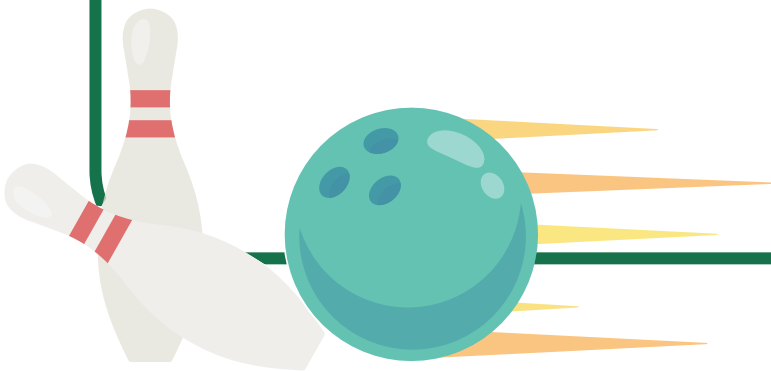
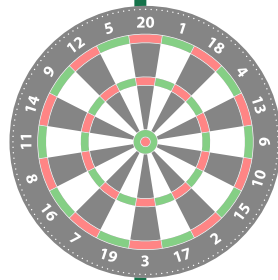
You could include:
marriage, birth of children, loss of
loved one, birthdays, religious occasions.



Social Activities

You could include:

sports, going to the pub, bingo, shopping, cinema, walking, eating out.



Hobbies and Interests

You could include:

favourite T.V programmes, radio, music, books, arts and crafts, gardening.

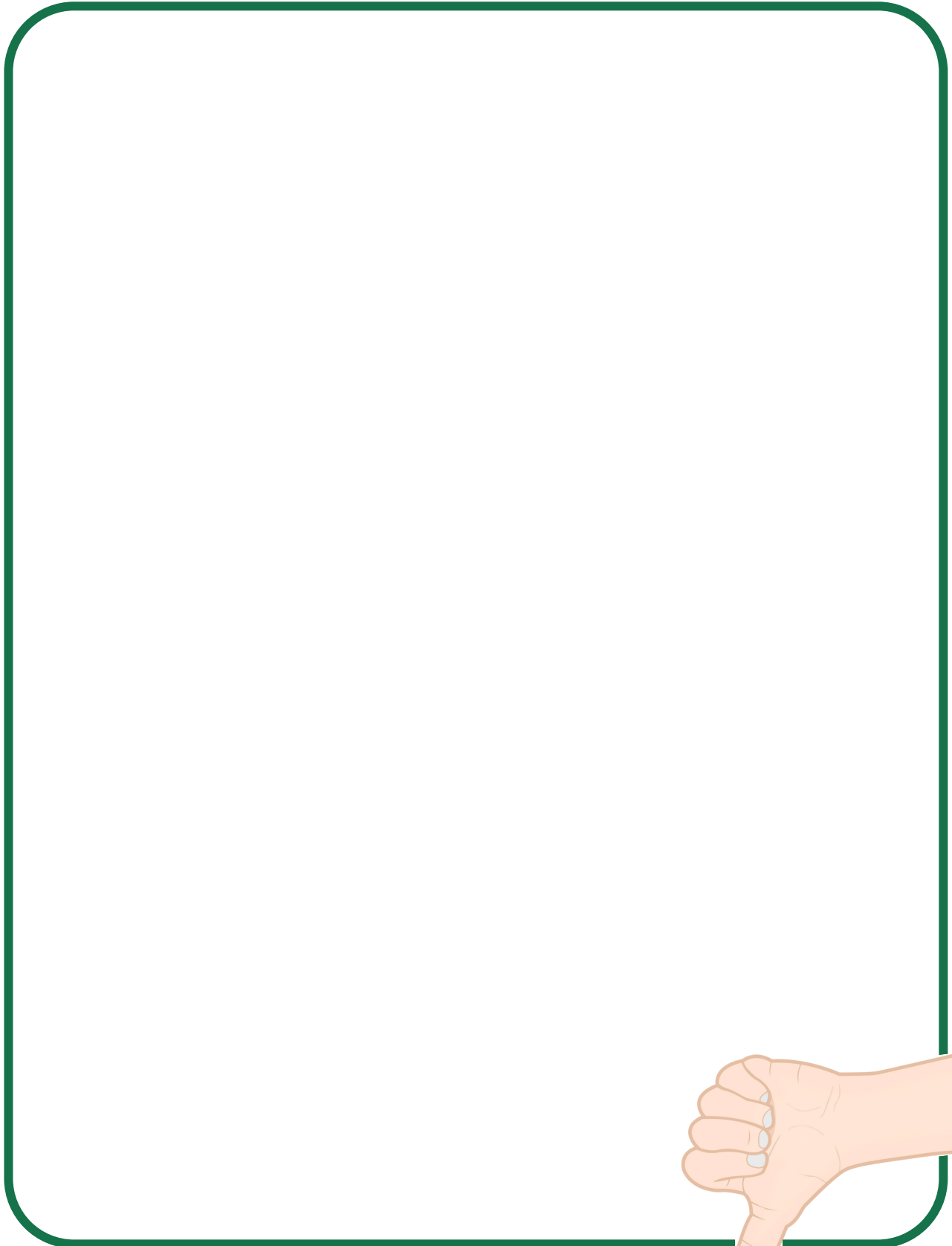
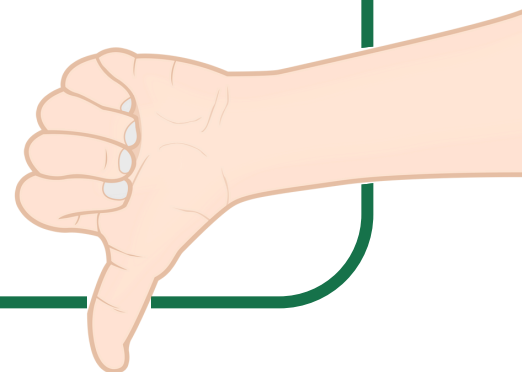




Likes and Dislikes

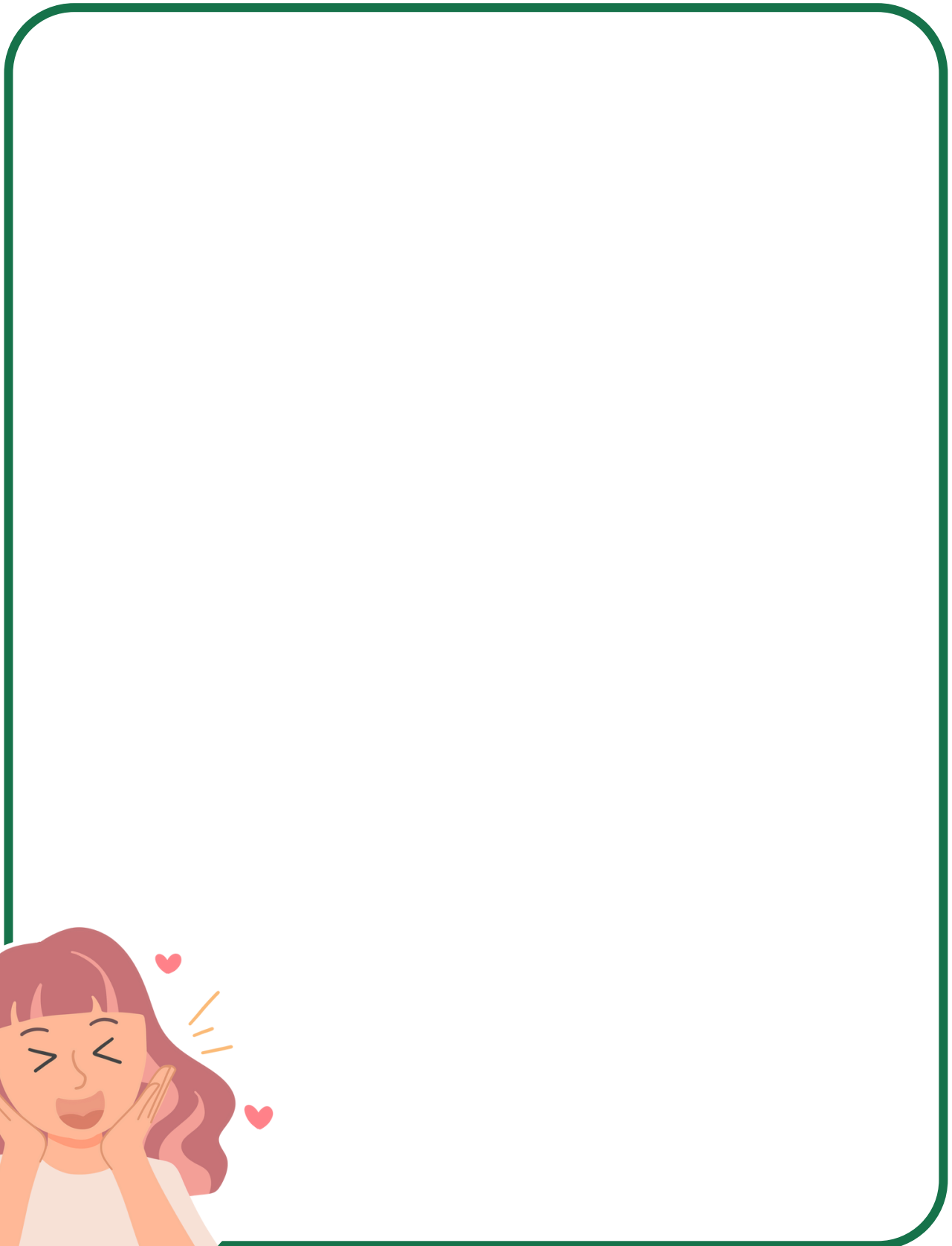
You could include:

food and drink, clothing, activities, smells,
technology, subjects you like or don't like to talk about.

A large, empty rounded rectangle with a dark green border, intended for writing down likes and dislikes. It occupies the central portion of the page.

Makes me happy

You could include:
places you like to visit, favourite music,
special people, things you like to make or do.



Makes me sad

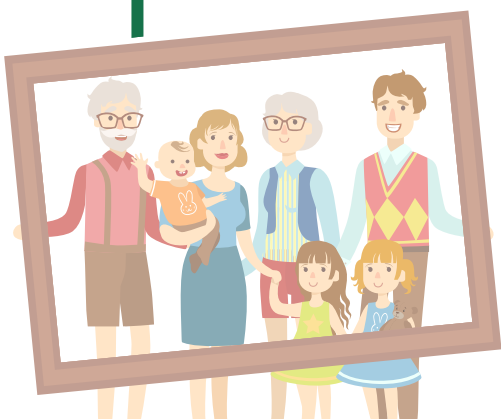
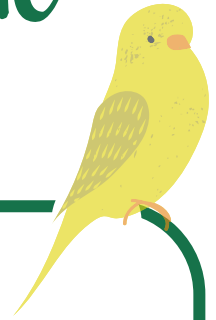
You could include:
loss of a loved one or certain songs.
(But don't think about it too much!)



Things important to me

You could include:

People, special belongings, values or charities



My Life Now

You could include:

things that are important to you now, food and drink, appearance, clothes, hair, nails, routines. Do you need help or support?



"I Know I Feel Well When I..."



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