

PERSONAL HISTORY JOURNAL

*Search me, God, and know my heart;
test me and know my anxious thoughts. Psalm 139:23*

THE ISSUE

What would you like to work on? What are your goals for coaching?

How long have you know that this was an issue for you?

What have you tried so far to address it?

What has worked? What did you like about it?

What hasn't worked? What did you dislike about it?

What are your goals in dealing with this issue?

If we are successful, what new behaviors will you start doing?

If we are successful, what behaviors will you stop doing?

SIGNIFICANT RELATIONSHIPS

How did/does your parents' marital status affect you?

What was/is your relationship like with your parents?

How did your parents handle things if you or a sibling did something you weren't allowed to do?

How did your parents handle conflict with one another? How did it affect you?

Do you have siblings? If so, please list names, ages, and the nature of your relationship.

Did anyone in your family have mental health, substance abuse, or other health issues that had an impact on how you were raised?

Are you single/married/divorced/re-married? Tell me about that.

Do you have children? What are their names and ages, and how is your relationship with them?

At school, were you social with lots of friends or more solitary? Please explain.

Do you have close friends now? How would you describe those relationships?

DEVELOPMENT AND CAREER

What were the conditions you grew up in? Did you have enough money, food, and clothing? Was it safe? Please describe each location you lived in up to the age of eighteen.

Please describe your education history.

What is your occupation? What do you like or dislike about it?

What interests or hobbies bring you joy? What do you like about them?

Do you now, or have you in the past, used drugs or alcohol? What kind, how much?

Please describe your spiritual history.

Did you ever have any anxiety issues as a child regarding school or friends? If so, tell me about it.

RELATIONAL WOUNDS

Who has hurt you in a way you think of as significant? How did each hurt affect you at the time?

For each hurt, how do you think it might continue to affect you in the present?

Would you say you have forgiven, or attempted to forgive, those who have hurt you? If not, what is stopping you?

What is the status of each of those relationships today?

Who have you hurt, and how?

How has hurting each person affected you in the present?

Have you made amends or attempted to? Please describe.

What is the status of those relationships today?

Keeping what you've journaled about so far in mind, is there anything about the goals you initially listed that you would like to add to or change. If so, please amend...

Thank you for taking the time to complete this journal.