



# Right Path Christ-Centered Coaching

Robert Rigg, MIM, MPsy - Transformational Coach

## Life History Worksheet

This form is for recording your life history accounts of important events. What was important to you is what is important to list in this form. Events that remain as memories are highly relevant to where you are today and helpful in moving forward in changing those behaviors and thoughts that are problematic for you. As you reflect on the years of your life try to remember:

- Your own birth surrounding events (you may need to ask parents, siblings and other relatives about what was going on in your family during the time of your birth)
- Important birthdays
- School events – embarrassments -fears
- Good Teachers & Bad Teachers
- Learning labels placed on you
- Bullying – rejection
- Your neighborhood, your friends
- Holidays – Particularly Christmas
- Presents expected, received or not
- Parental fights/arguments
- Parental separations
- Parental divorce
- Family arrests – imprisonment
- Family drug and alcohol influences
- Parental mistreatment or neglect
- Sibling births, deaths, arrests
- Deaths – family and others
- Traumas and accidents
- Feeling trapped and/or controlled
- Your relationships adolescent and as an adult
- Other memories important to you

Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
Birth to 1yrs.			
2yrs.			































