



## *Dr. Rebecca I. Howard, PsyD, LLC*

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### **LIFE HISTORY QUESTIONNAIRE**

This questionnaire will provide important information to assist us in our work together. Often it can be helpful to gather as much information as possible in order to get a full picture of a problem. It is for this reason that the following questions cover a broad range of topics.

There are quite a few questions in this questionnaire, however, by completing it you will provide me with a comprehensive overview of your life. Also, by going through the process of answering these questions, you may find that it helps to understand and clarify the nature and extent of your difficulties. Feel free to skip any questions that you do not feel comfortable answering.

**Name(s):** \_\_\_\_\_

### **Current problem**

Describe the difficulties you are currently facing and how long they have been going on:

### **History**

Date of birth \_\_\_\_\_ Place of birth \_\_\_\_\_

Mother's condition during pregnancy \_\_\_\_\_  
\_\_\_\_\_

Underline any of the following that applied during your childhood:

Night Terrors Bedwetting Sleepwalking Thumbsucking

Nail biting Stammering Fears Happy childhood

Unhappy childhood Any others \_\_\_\_\_

Health during childhood:

How would you describe yourself as a child?

How would you describe yourself as a teenager?

List any illnesses, surgeries, or accidents (with your approximate age):

**Medication**

Please list any medications that you are currently taking and describe why you are taking them:

**Sleep**

How many hours of sleep do you get per night? \_\_\_\_\_

Describe any difficulties with sleep:

**Diet**

How would you describe your diet?

How do you feel about your current weight?

**Exercise**

Describe your attitude toward and involvement in physical exercise:

How do you feel about your physical condition?

**Social**

How would you describe your friendships, including the quantity and quality of these relationships?

How do you tend to spend your social time?

**Psychological**

Describe any past therapy experiences (include dates). What worked or didn't work?

**Please circle any of the following that you have experienced in the last 6 months:**

Increased/decreased appetite

Lack of energy/lethargy

Isolating from others

Repetitive behavior

Loss of Interest

Relationship issues

Feeling empty

Recurring thoughts

Hopelessness

Extreme worry

Crying spells

Nightmares

Increased fears

Flashbacks

Sleep problems

Too much energy

Short attention span

Trouble concentrating

Increased anger

Sexual issues

Abuse of alcohol/drugs

Memory problems

Feeling paranoid

Racing thoughts

Increased irritability

Mood swings

Nervousness

Violent actions

Panic attacks

Change in weight

Easily frustrated

Feeling stressed

Low self-esteem

Depressed mood

Anxiety

Unusual/extreme euphoria

Increased fatigue

Recklessness

Self-hate

Procrastination

Confusion

Hearing voices that others don't

Seeing things that others don't

Disorientation

What are five words you would use to describe yourself? \_\_\_\_\_

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What are five words someone who knows you very well would use to describe you? \_\_\_\_\_

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Do you feel that you have a difficult time controlling your anger? Yes No

Have you ever become violent with another person? If so, when and what situation?

Have you ever spent time in jail or prison? If so, when and for what crime?

Have you had any suicidal thoughts or attempted suicide in the last six months? Yes No

Have you ever attempted suicide? Yes No

Have you ever been psychiatrically hospitalized? Yes No (If, "yes," where and when?):

### **Educational**

What is the last grade of school that you completed? \_\_\_\_\_

How would you describe your experience in school?

### **Military**

Did you serve in the military? If so, when and where were you stationed? What was your job?

**Occupational Information**

What kind of work are you doing now?

Do you enjoy your job? Why or why not?

Describe your ideal job:

**Relationships**

What is your current relationship status? (Circle one)

Partnered/Married    Single    Widowed    Significant Other    Divorced    Remarried

How long have you been in your current relationship? \_\_\_\_\_

How would you describe your relationship?

Name and occupation of your partner: \_\_\_\_\_

How would you describe your partner?

Do you have any children? If so, what are their names and ages? How would you describe them?

**Religion**

What is your participation in religious activities?

In childhood:

As an adult:

**Cultural**

What cultural/ethnic group do you include yourself in? \_\_\_\_\_

What does your affiliation with this group mean to you?

### **Recreation**

What do you do for fun (e.g. hobbies, interests)?

### **Family Information**

Father:

Living or deceased? \_\_\_\_\_ If deceased, how old were you when he died? \_\_\_\_\_

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

If alive, your father's present age? \_\_\_\_\_ Occupation: \_\_\_\_\_

Health: \_\_\_\_\_

Give a description of your father's attitude towards you (past and present):

Mother:

Living or deceased? \_\_\_\_\_ If deceased, how old were you when she died? \_\_\_\_\_

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

If alive, your mother's present age? \_\_\_\_\_ Occupation: \_\_\_\_\_

Health: \_\_\_\_\_

Give a description of your mother's attitude towards you (past and present):

If you have a stepparent/s, give your age(s) when your parent(s) remarried: \_\_\_\_\_

Who would you say was your primary caretaker when you were growing up? \_\_\_\_\_

**Siblings**

Number of brothers: \_\_\_\_\_ Brothers' ages: \_\_\_\_\_

Number of sisters: \_\_\_\_\_ Sisters' ages: \_\_\_\_\_

How would you describe the atmosphere in your home while you were growing up?

Does any member of your family suffer from alcoholism, substance abuse, or anything that could be called a mental disorder?

**Therapy**

What do you hope to get out of our work together?

How would you describe an ideal therapist?

Do you have ideas about an approach or techniques that work best for you?

What suggestions would you give your therapist in working with you?

I know that I have asked you a lot of questions, but is there any additional information that you feel would be important to add? (Use back of sheet)