

Taking a history – example questions

1

Tell me what you know about when and where you were born?

What was your relationship like with your grandparents?

What were the stories they told?

How did your parents meet?

What is your birth order and what effect has this had on you?

What are the dominant family messages/ stories – who gave them?

How have you incorporated / revised them?

What were you rewarded for as a child?

What were you punished for?

How have your parents' occupations shaped the person you have become?

How would you describe your relationship with each parent?
How do you feel about them?

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How would you describe your early relationship with any siblings?

Are your siblings close to you now or elsewhere?

What have they done?

What was your childhood like? – What did you enjoy doing?
What did you avoid?

What sort of things did you do as a family?

What were your key emotions in the childhood family?

Choose 5 adjectives or words to describe your early family life.
(Between the ages of 5 – 12)

How do you feel that your overall family experience has affected your adult personality?

What other significant figures of authority were in your life growing up and what was your relationship like with them?

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If you had to point to an outstanding experience in your childhood, one that had a really major impact on you, what would that be?

How do you feel about your time at school? What examples do you have to illustrate this?

What effect have partner relationships had on your life?

Who do you share the really important things in your life with?

What has the experience of being a parent or not had on you?

How would you describe your relationships with each of your children (if you have any)?

How would you describe the work you do?

What helped you decide to move on from earlier jobs?

What has motivated you and emotionally pushed you in your work.

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What has motivated you and emotionally pushed you in your work.

Where do specific emotions feature in your life?

What have been key milestones/ turning points in your life?

What are you passionate about outside of work?

What personal values come through your journey?

What do you want to be?

How would you characteristically manage change?

Where do you focus most of your energy at the moment?

What themes and patterns do you see emerging in the story as you have told it?

What are the links to the coaching we will be doing?