

**ADOLESCENT  
AUTOBIOGRAPHY  
WORKBOOK**

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01/18/2005

The following is an outline for an autobiography. This autobiography was designed to help you gain an understanding into your behavior and to help you identify problem areas in your life. Respond to each question as completely as possible. Each numbered item requires at least one-half page.

#### A. EARLY CHILDHOOD

1. When you were a child, where did you live? Describe the area (big or small, in the city or country, what were the people like, were there lots of kids to play with, etc.?).  
Describe the kind of work your mother and father or parent figure did.  
Did they like their jobs? How do you know this?
2. What is your family background (English, German, Irish, Spanish, Italian, Swedish, African American, etc.)? Describe how this affects you. How do you feel about your family (last) name? What does your last name mean to you?
3. Who named you? Why was that name chosen? (Is it after another family Member or a name that your parents liked, etc.?) How do you feel about your name? How do people “abuse” your name?
4. Describe your earliest memory.  
How do you feel about it?  
At what age was it?
5. What was it like being a young child in your home? Who was special to you? Who cared most about you? Who took care of you? Describe how you felt.
6. Give the names and birth dates of other children in the family in which you grew up:
  - a. How did you get along with each of them?
  - b. What was your place in the family—what was your role?
  - c. Describe how each child was treated.
7. Who mostly punished you?
  - a. How did they do it?
  - b. Why did they do it (what kinds of behaviors were you punished for)?
  - c. Do you think you were punished fairly and, if not, why?
8. Describe any traumatic events (really bad things) that you had when you were young. Describe any family members who were seriously ill and their illness, any deaths.
9. Did your family attend church or Sunday school? How often? Did your Parents attend? What type of church? How important was religion in the family? Why or why not was it important?
10. Describe how your family expressed each of these feelings towards each other?
  - a. Anger? (Describe if they yelled, fought, had a bad temper, or got physical.)

- b. Love? (Describe how your family showed love. Did your parents tell you they loved you or your siblings? Did they tell each other? Describe how you and your siblings showed love.)
  - c. Closeness? (Did they hug one another and stand by each other?)
  - d. Fear? (Describe how your family talked about what they were afraid of. How did you know they were afraid?)
11. How did your parents get along with each other?  
What did they enjoy doing together?  
What did they fight about?  
Describe how they fought.  
What effect did their relationship have on you then and now?
  12. Which of the above events had the greatest impact on you? Why?  
How? Include all that seem important to you.

## B. SCHOOL ACTIVITIES (6-19 years)

1. How did you feel when you started school? What was good about school?  
What was bad about it?
2. Describe your friends at school.  
What did you do with them?  
What games or hobbies did you enjoy with other children during grade school?
3. Describe how your teachers treated you.
4. Did you enjoy schoolwork?  
Which subjects were hardest and which were the easiest? Why?
5. What did your parents expect from you in school? Did they want you to do well in Sports? Schoolwork? Religion?
6. What were the changes in your living arrangements or family during junior high and high school years? Financial changes? Deaths? Divorces? Did you move?
7. Describe the way you felt about school and your achievements at school when you were in junior high and high school. Describe how you participated more or less in schoolwork and extracurricular activities as you progressed through school, and how your grades changed.
8. What friends and/or activities were you involved with during junior high and high school years? Did your friends get into trouble at school or with the law?
9. What kind of future job dreams or plans do you think about in your junior high and high school years?  
What are your goals?
10. What kinds of things are important to you?
11. Which of the above events had the greatest impact on you? Why?  
How? Include all that seem important to you.

### C. SEXUAL DEVELOPMENT

1. Describe what your parents told you about sex when you were younger. How old were you? Who explained sexual development to you? What did they tell you?
2. How old were you when you started to masturbate? What did your parents tell you about it? Who told you about it? What did they say about it?
3. Did you have sexual contact with other family members? Who? When? What sexual behavior did you see in your family when you were young?
4. Describe any sexual contacts you have had with adults. What sexual behavior have you seen in adults? How do you feel about it?
5. What is the first sexual experience you remember having? Describe how you felt about it.
6. Describe how you felt about the changes in your body as you became a teenager.
7. How often do you have sexual feelings and thoughts about sex? Describe these feelings and thoughts.
8. When did you start to date? Describe the experience. What did it mean to date? If you haven't started to date, why not?
9. When did you start to have sexual contact with others (male or female)? Describe how you felt about this contact.
10. Describe how you feel boys should behave sexually. What is acceptable and unacceptable sexual behavior for boys?
11. Describe how you feel women should behave sexually. What is acceptable and unacceptable sexual behavior for girls?
12. If you have been scared or embarrassed sexually, describe who did it, and how and when it happened. What is the most embarrassing sexual experience you have had? Why?
13. Describe your father's sexual behavior (if you do not know, guess). How do you feel about it?
14. Describe your mother's sexual behavior (again, if you do not know, guess). How do you feel about it?
15. What different kinds of fantasies do you masturbate to? Describe these thoughts or fantasies—what is in them, what is happening in the fantasy or thought?
16. Describe your contact with erotic material (material whose purpose is to cause sexual arousal—"dirty" books/magazines/pictures/movies).
17. About how many sexual partners have you had? How did you meet these people? For each person, give their first name, how you met, your age, their age, how long you were "together," and why you broke up.
18. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

#### D. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. Describe when and how you first got involved with the law. What happened?
2. What other things have you been in trouble with the law for? When? What happened?
3. If you have served time in an institution, describe where, when, for how long, and for what reason.
4. What was the situation leading up to your most recent sex offense? Describe what was going on in your life (friends, family, school, etc.). Describe how you were feeling.
5. Describe what specifically triggered your sexually assaultive behavior. What specifically do you think caused you to do it?
6. Describe what you said and did to your victim. Describe how you felt about him/her at the time.
7. Describe how you felt about the victim and yourself after the crime. What did you say to them?
8. Describe other similar crimes you have been involved with and for how long.
9. Which drugs or chemicals have you abused? For how long? Do you still plan on using?
10. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

#### E. TREATMENT

1. Describe any other treatment you or your family has been involved in. Where and with whom? For what kinds of problems?
2. What helped you the most in treatment?
3. What do you wish you had done differently in treatment? How could you have gotten more from treatment?
4. What is the most important thing you need now in this treatment? How can we help you get it?
5. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

#### F. GOALS

List on a separate piece of paper a minimum of four (4) specific goals that you want to work on in treatment. Consider which parts of yourself that you need to change that caused your crime. Consider your own goals for the future.

\*\*\*Adapted from a number of sources—Most of this autobiography form was developed at the Chillicothe Correctional Institution by Dr. Earl Stump and his staff.