

History Taking Sequence

1. Family
 - Birth Order*
 - Divorce or Deaths*
2. Mom & Dad's Relationship
 - Fights*
 - Who Dominant*
 - Affection and Communication*
3. Mother (Father) start with the one most painful
 - Rejections*
 - Personality*
 - Attention: Together, Interest in Activities, Communication*
 - Affection*
 - Expectations: What would please*
4. Early years
 - Describe yourself*
 - Trauma and pain*
5. School
 - Grades: Mom & Dad's reaction*
 - Social: Loner, leader, follower, many, one*
6. Dating
 - Broken hearts*
 - Fears, rejections*
 - Sexual issues*
7. Work
 - Authority*
 - Job changes: Fear of failure*
8. Marriage
 - Hurts and rejections*
 - Problems*
 - Divorce*
9. Traumas
 - Sexual Abuse*
 - Abortion*
10. Spiritual History

HISTORY TAKING SUGGESTIONS

Questions about Dad & Mom

1. Were you loved unconditionally? Did Mom/Dad tell you they loved you? Were they affectionate toward you?
2. Did Mom/Dad accept you unconditionally?
3. As far as you know, were you “planned” for?
4. If you brought home a test score of “100”, would they commend you for it? What if you made a “0”, what would their reaction be?
5. What is the greatest memory you have of Mom/Dad?
6. What is the worst memory you have of Mom/Dad?
7. Did Mom/Dad ever embarrass you in front of friends?
8. Did Mom/Dad give you a nickname?
9. Did Mom/Dad ever provoke you?
10. Did Mom/Dad ever slap you?
11. Were they strict disciplinarians?
12. Did Mom/Dad approve of your friends or dates?
13. Were Mom/Dad involved in your school activities?
14. Did Mom/Dad fight, drink, or abuse drugs?
15. Christians?
16. Treat you any differently than they did your siblings?
17. Approve of your marriage?
18. Physically or sexually abuse you?

Note: Ask these questions separately about Mom/Dad. Whenever the counselee gives you a negative response to these questions ask them, “How did this make you “FEEL”?”

What did you “BELIEVE” about yourself? (ex. Failure, rejected, unloved, etc). Use your Feeling Word List to help them with feelings. Record what they say, not what you think! It is also good to ask at what age did this event take place. Remember, you are more concerned with the first eighteen years of their life.

THEN ASK QUESTIONS ABOUT THEIR RELATIONSHIP WITH SIBLINGS AND GRANDPARENTS. (Do each one individually)

1. How well did you get along with them?
2. Abusive? Nickname that upset you?
3. Sexual abuse?

TALK ABOUT THE COUNSELEE

1. First day of class in school, you are given the opportunity to select your desk for the year. Which desk would you select and why? (Do this for 5th grade, 8th grade, and 12th grade)
2. Did you ever have a teacher to embarrass you in front of other students?
3. How did you feel if a teacher asked a question and you did not know the answer?
4. Did a teacher harass you or make sexual advances toward you?
5. Did you have a classmate embarrass you or pick on you?
6. Did you ever have someone you dated dump you?
7. Were you sexually active? Drugs? Alcohol?
8. Abortions? Date Rape? Rape?