

## **AUTOBIOGRAPHY ASSIGNMENT**

**The following outline emphasizes the theme of choice with regard to your interpersonal development. The following outline suggests some topics and subtopics which may be included in your report. Choose the areas which pertain to you and your life to create your story.**

**It should be approximately 4 to 6 pages typed and double spaced. You may submit this assignment any time before the due date, but if it is late points will be taken off.**

### **1. Choices**

What choices have you made in your life which proved to be far reaching?

Do you think the interpersonal choices you make are “free” or “determined” by culture and society? Give examples.

### **2. Relationships**

How long had your parents been married before you were born?

How many other children had been born before your birth

How many children were born after your birth?

Describe how you viewed your “place” in the family you grew up in.

What was your relationship with your mother, father and siblings when you were growing up?

What is your relationship with them today?

Who took care of you as a baby?

If this was a person other than your parents or siblings, who was the person (grandmother, uncle), and what is your relationship with that person today?

How have these early relationships influenced your sense of trust and comfort in other interpersonal relationships?

How did your experience with your family of origin affect your life choices regarding your spouse and family?

How did you feel about yourself as a child, an adolescent, and a young adult?

What important experiences helped to shape your self-concept?

How do you feel about yourself today?

What are you doing to improve your self-concept?

### **3. Subsequent Relationships**

When was your first love relationship with someone outside your family?

What kind of love was it?

Who initiated the relationship?

How long did it last?

How did it end, and how did it affect you and your subsequent relationships?

What other significant love relationships (if any) have you had?

How long did they last, how did they end, and how did they affect your life?

What are your preferences for never getting married, being married, or living with someone?

What do you believe is the ideal lifestyle?

### **4. Communication Issues**

Describe your parents’ relationship and their manner of communicating with each other

How are your interpersonal communication patterns similar to and different from theirs?

How comfortable do you feel talking about relationship issues with your partner?

How comfortable do you feel telling your partner what you like and don’t like about his or her behavior?

How comfortable do you feel giving your partner feedback about how to please you sexually?

How comfortable are you discussing the need to use a condom with a potential sex partner?

How would you approach this topic?

How much have you disclosed to a partner about your previous relationships, your feelings about the partner, and your desires for the future?