

AUTOBIOGRAPHY

Please read this carefully before starting. You will need to allow more than one sitting to complete this. Remember that the purpose of this is to examine all of the effects of your substance use WITHOUT denial. Use your notebook to complete this assignment thoroughly.

1. **Personal Data:** Name, birthplace, parent's occupations, siblings, relationships with family members as a child, as an adult... parent's divorce(s), parent's death(s), etc. Were you the oldest, youngest, middle child, other? How did you get along with your siblings? Describe your parents and/or stepparents. How did they show love, attention, discipline? What was your childhood like for you?
2. **School History:** What were your experiences like at school? What schools did you attend? What was the highest level of education you completed? What kind of grades did you make? What was your relationship like with your teachers and your classmates? With what role or social group in your school did you identify (bookworm, loner, jock, geek, gothic, stoner, bully, prep, teacher's pet, etc)? Describe your school experience.
3. **Drinking/Drug History:** When and where did you first use alcohol? When and where did you first use drugs? What drugs have you EVER used/frequency/how much/last used? How has your use of chemicals changed/progressed over time? Does it take more to create the same effect lesser amounts used to produce? How did your chemical use affect your relationships with your family, friends, employer(s)? Has anyone ever confronted you about your chemical use? If so, who and why? Describe ANY negative consequences you have experienced as a direct or indirect result of your chemical use (Include physical, mental, relational, emotional, spiritual, financial, vocationally, legal). Give honest and specific examples of each.
4. **Legal History:** Describe the progression of your chemical use on your legal history. Be specific and honest. Be sure to think about the times you may have broken the law and **not** gotten caught by law enforcement. Have you ever been arrested? If so, was it directly or indirectly related to your use of chemicals? Has your legal history impacted your ability to get a job? What are some of the other negative consequences of your legal choices?
5. **Current Family Life:** How has your chemical use affected your family relationships (parents/children/partners/ ex-partners/siblings/in-laws)? Take some time to think about this. Describe how YOU were affected, as a child, by someone else's chemical use. Include your feelings now and then. Are you currently affected by someone else's chemical use?
6. **Employment History:** How has your chemical use affected your ability to get a job, keep a job or perform a job? How many jobs have you had, if any? Have you ever lost a job as a direct or indirect result of your chemical use? How has your chemical use affected where you wanted to be in your life? What kind of job do you think you might be doing now if you had never used drugs or alcohol?
7. **Spirituality:** Describe your understanding of spirituality and of religion. What is your concept of a Higher Power? How has your concept of a Higher Power changed since your childhood? Have you had any negative or positive experiences that have impacted your understanding of spirituality?

