YOUR PERSONAL LIFE-SCRIPT QUESTIONNAIRE

Directions: Write a concise answer to each question. Attempt to give your initial response and then later go over all the questions with more reflection. One suggestion for classroom use is to have students form into dyads and then share selected portions of the Questionnaire. It is important that each student choose what he or she will share with another person and that subtle coercion be carefully avoided.

1. How do you see yourself now? ____________________________________________________________

2. What are three things you'd most like to change about yourself? ____________________________

3. What has been preventing you from changing those things? ________________________________

4. Are you your "own person," or are you living up to others' expectations of what you "should" be? ____________________________________________________________

5. How do you see your mother? __________________________________________________________

6. How are you like your mother? _________________________________________________________

7. How are you unlike your mother? _______________________________________________________

8. What does your mother say when she compliments you? _________________________________

9. What does your mother say when she criticizes you? _______________________________________

10. What is her main advice to you? ______________________________________________________

11. What could you do to make her happy? ________________________________________________

12. What could you do to disappoint her? ________________________________________________

13. How do you see your father? _________________________________________________________

14. How are you like your father? _________________________________________________________

15. How are you unlike your father? _______________________________________________________

16. What does your father say when he compliments you? _________________________________
17. What does your father say when he criticizes you?

18. What is his main advice to you?

19. What could you do to disappoint him?

20. What are some of the main "do's" that you have learned and accepted?

21. What were some of the main "don'ts" that were programmed into you?

22. What is one important early decision you made as a child?

23. What is one early decision you made about yourself that you feel you have since changed by making a new decision?

24. What is one new decision that you would like to make?

25. What do you most like about yourself?

26. What do you least like about yourself?


29. How did you see yourself as a child?

30. How did you see yourself as an adolescent?

31. What manipulative games did you play as a child to get what you wanted?

32. What were the pay-offs (rewards) of those manipulative games?

33. What games do you still play that you played as a child?

34. If you were to give up those games, what do you suppose it would be like?

35. How did you see yourself five years ago?

36. How would you like to see yourself five years from now?

37. What are you doing now to make that ideal become real?

38. If you were to write your own epitaph, what would it say?

39. What words do you fear might appear on your tombstone?

40. What do you wish your mother had done differently?

41. What do you wish your father had done differently?

42. What do you most want out of life?

43. If you could have three wishes, what would they be?

44. What was a critical turning point in your life?

45. When do you feel most "alive"?

46. When do you feel okay about yourself?
47. When do you feel not okay about yourself?

48. When was the best time or period in your life?

49. What kinds of risks have you taken lately?

50. What kind of new script would you like to write for yourself?