




PSYCHOLOGISTICS

DEDICATION TO INNOVATION

LIFE SCRIPT QUESTIONNAIRE

 info@psychologistics.org

 0791 4853 942

WWW.PSYCHOLOGISTICS.ORG



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LIFE SCRIPT QUESTIONNAIRE

Name: Date:

Parental Influences

1. What kind of lives did your grandparents lead?
.....
2. What is the date of your birthday?
.....
3. What is your position in the family?
.....
4. What is the birthday of your next oldest sibling?
.....
5. What is the birthday of your next youngest sibling?
.....
6. Have you any special interest in dates?
.....
7. How many children do you have?
.....
8. If single, how many children do you expect to have?
.....
9. What kind of person are you?
.....
10. Were you wanted?
.....
11. Have you ever read your birth certificate?
.....
12. When and where were you conceived?
.....



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Parental Influences - *continued...*

13. How do you feel about sex?

.....

14. Who chose your name?

.....

15. Whom were you named after?

.....

16. Where does your surname come from?

.....

17. Give 3 words to describe your mother and father?

.....

18. Did you have a nickname as a child?

.....

19. What did the other kids call you in school?

.....

20. What do your friends call you now?

.....

21. What do your parents call you now?

.....

Early Childhood

22. How did your mother and father teach you table manners?

.....

23. Who gave you your toilet training?

.....

24. How did they train you and what did they say?

.....



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Early Childhood - *continued...*

25. How did they train you and what did they say?

.....

26. What do your parents say about toilet training?

.....

27. When did you toilet train your children?

.....

28. How did your parents make you feel when you were little?

.....

29. What did you decide about life when you were little?

.....

30. How did the world look to you when you were little?

.....

31. How did you feel about other people?

.....

32. Do you remember ever deciding as a child never to do a certain
Thing no matter what?

.....

33. Do you consider yourself a winner or loser in life?

.....

34. When did you decide this?

.....

35. What kind of people did your parents look down on?

.....

36. What kind of people did your parents look up to?

.....

37. What kind of people do you like best?

.....



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Early Childhood - *continued...*

38. What happens to people like you?

.....

Middle Childhood

39. What did your parents tell you to do when you were little?

.....

40. What was your parents favourite phrase?

.....

41. What did your parents teach you to do?

.....

42. What did they forbid you to do?

.....

43. If your family were put on the stage, what kind of play would it be?

.....

44. When you were a child and either of your parents were angry at you, what would you have been doing?

.....

Later Childhood

45. What is your favourite fairy tale as a child?

.....

46. What was your favourite nursery rhyme as a child?

.....

47. Who read it to you or told it to you?

.....



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Later Childhood - *continued...*

48. Where and when?

49. Who was your favourite character as a child?

50. Who was your hero?

51. Who was your favourite villain?

52. How did your mother react when things got tough?

53. How did your father react when things got tough?

54. What kind of feelings bother you the most?

55. What kind of feelings do you like best?

56. What is your most frequent reaction when things get tough?

57. What are you waiting for in life?

58. What is your favourite 'if only'?

59. Who or what is your Santa Claus?

60. Do you believe in immortality?



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Later Childhood - *continued...*

61. What were your family's favourite psychological games?

.....

62. What kind of difficulties did your parents get into?

.....

63. What games did you play with your parents when you were little?

.....

64. How did your teachers get along with you at school?

.....

65. How did the other kids get along with you at school?

.....

66. What did your parents talk about at the dinner table?

.....

Adolescence

67. What do you talk about with your friends?

.....

68. Who is your hero nowadays?

.....

69. Who is the worst person in the world?

.....

70. How do you feel about people masturbating?

.....

71. What happens to your body when you get nervous?

.....

72. How did your parents behave when there was company around?

.....



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Adolescence - *continued...*

73. What did they talk about when they were alone or with friends?

74. Have you ever had a nightmare?

75. Have you ever had a really vivid dream?

76. Have you ever had any delusions?

77. How do people look to you?

78. What is the best thing you can do with your life?

79. What is the worst thing you can do with your life?

80. What do you want to do with your life?

81. What do you expect to be doing five years from now?

82. Where do you expect to be 10 years from now?

83. What is your favourite animal?

84. What animal would you like to be?

85. What is your life slogan?



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Adolescence - *continued...*

86. What would you put on your sweatshirt so people would know it was you coming?

.....

87. What would you put on the back of it?

.....

Maturity

88. How many times have you been married?

.....

89. How many times has each of your parents been married?

.....

90. Did they have any lovers?

.....

91. Have you ever been arrested?

.....

92. Have you ever committed any crimes?

.....

93. Has either of your parents done likewise?

.....

94. Have you ever been in a mental hospital?

.....

95. Has either of your parents?

.....

96. Have you ever been hospitalised for alcoholism?

.....



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Maturity - *continued...*

97. Has either of your parents?

98. Have you ever attempted suicide?

99. Has either of your parents?

100. What will you do in your old age?

Death

101. How long are you going to live?

102. How did you pick that age?

103. Who died at that age?

104. How old was your mother or father at death if not living now?

105. How old were your grandparents when they died?

106. Who will be at your deathbed?

107. What will your last words be?



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Death - *continued...*

108. What will others say to you?

.....

109. What will you leave behind?

.....

110. What will it say on your gravestone?

.....

111. What surprises will they find after you are dead?

.....

112. Are you going to die a winner or a loser?

.....

113. Do you prefer time structure or event structure?

.....

Biological Factors

114. Do you know how your face looks when you react to something?

.....

115. How does your real self feel?

.....

116. Does your real self always control your actions?

.....

117. Do you have any sexual hangups?

.....

118. Do things go round and round in your head?

.....

119. Are you conscious of odours?

.....



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Biological Factors - *continued...*

120. How far ahead do you begin to worry about things before they happen?

.....

121. Do you ever lie awake at night planning revenge?

.....

122. Do your feelings interfere with your work?

.....

123. Do you like to show that you can suffer?

.....

124. Would you rather be happy than prove yourself?

.....

125. Do you ever speak to yourself when you are alone?

.....

Choice of Therapist

126. Why did you choose Therapy?

.....

127. How did you choose me?

.....

128. What do you think of working with me?

.....

129. Who was the magician in your childhood?

.....

130. What kind of magic are you looking for?

.....

131. Have you had any psychiatric experiences?

.....



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Choice of Therapist - *continued...*

132. How did you choose your previous Therapist?

.....

133. Why did you go to him or her?

.....

134. What did you learn from seeing them?

.....

136. Under what circumstances did you leave?

.....

137. How do you select a job?

.....

138. How do you leave a job?

.....

139. Have you ever been in a psychiatric hospital or ward?

.....

140. What did you have to do to get there?

.....

141. What did you have to do to get out?

.....

Thank you for completing the 'Life Script Questionnaire' indicating your interest in Psychotherapy. If you would like to discuss Personal therapy with Pia her charges are £80 per hour. Please phone the office to make an appointment and kindly note that your initial consultation is payable in full on the day of your visit



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