

**V**erbal

**H**istory.com

Share Your Story.....  
Before It's Too Late

Here are some suggestions to get you started. Feel free to add your own.

## **IN GENERAL**

**Were politics or sports discussed in your family? Did all follow the same parties or teams?**

**Did religion play an important role in your family?**

**What do you know about the origins of your family name?**

**Describe birthdays.**

**What was Christmas like? (Or other religious holiday's)**

**Other special occasions.**

**Ever go to fairs? Or amusement parks?**

**Who was President or political leader when you were young?**

**Who had the greatest influence on you? (positive or not)**

**As a child, what did you want to become when you grew up?**

**Do you have any objects from childhood or young adult life with you?**

**Crafting projects?**

**Remember any truly strange people?**

**Who were your hero's or persons you envied when you were young?**

**I've always been fascinated with...**

**I've always been afraid of....**

## **HEALTH**

**Childhood illnesses?**

**Remember doctor visits? What were they like?**

**Remember dentist visits? What were they like?**

**Any serious illnesses?**

## **PHILOSOPHICAL VIEWS**

**Describe a few things you have learned from life.**

**Describe any life ambitions you did accomplish.**

**Describe any life ambitions you didn't accomplish.**

**Looking over your life, was there a decision which you later regretted?**

**If you could give advice to yourself at age perhaps:**

- 13
- 21
- 42, etc.....what would that advice be?

**What are your thoughts or beliefs on passing away & the afterlife?**

## **CHILDHOOD**

**Do you know any other circumstances of your birth? (who was present, who delivered you, etc.)**

**Did anyone else help with childrearing, housework. etc.?**

**Where did you live before age 21?**

**Describe the neighborhood.**

**Describe the house you grew up in.**

**Did you have your own bedroom or was it shared?**

**Describe your childhood kitchen.**

**What was a favorite meal?**

**What food was yucky?**

**A memorable pet?**

**Describe your siblings.**

**Did you get along with them?**

**What house chores were you required to do?**

**Was allowance given to you?**

**What did you do after school each day?**

**Did anyone in your family play a musical instrument?**

**Did you use public transportation?**

**Did you have a bicycle?**

**Favorite TV shows?**

**Describe your best childhood friend.**

**When on car trips, did you play games? What kind of car did your family have?**

**If you learned how to swim, where was that?**

**Ever go camping?**

**Ever play under a sprinkler to say cool in summer heat?**

**Thunder and lightening storms?**

**Was winter ever fun? -sledding, snowman making, snowball throwing?**

**What was the worst family gathering?**

**Boy or Girl scouts?**

**Ever play practical jokes on others?**

**Favorite movies?**

**Attend church?**

**Ever go to a zoo? a circus? a parade?**

**Did you have a nickname?**

**Describe any good advice your father or mother gave you.**

**A favorite memory of your father or mother.**

**When you were punished how was it done?**

**What's the naughtiest thing you did? And were you caught?**

**Did you spend time with your grandparents?**

**What were they like?**

# **YOUNG ADULTHOOD - ADULT YEARS**

**First girl friend or boyfriend.**

**Your hairstyle**

**Clothing. Different from today?**

**Music you enjoyed on the radio.**

**Ever hitchhike?**

**Describe your first job.**

**Describe your worst job.**

**Describe your first car.**

**How did you meet your spouse?**

**Describe your marriage ceremony.**

**Honeymoon?**

**College?**

**Main occupations.**

**Your spouse's occupation.**

**How many children did you have?**

**What was it like being a parent?**

**Your greatest parenting challenge.**

## **ETHNICITY**

**Your ethnic background.**

**Describe any ethnic traditions in your family.**

**Remember any stories remembered by your family?**

## **RELIGION AND SPIRITUALITY**

**Describe your spiritual beliefs.**

**Did these beliefs ever result in conflict with others?**

**Did you ever join a spiritual community?**

**Ever experience a miracle?**

**Describe a most profound moment in Spirit.**

**If you could talk with God, what would you most likely say?**

## **OCCURANCES**

**Ever have a fire in the home?**

**Or other destructive weather?**

**Ever have a broken bone?**

**Ever get into a physical fight with someone?**

**Animal bites?**

**What was a really scary memory?**

**Ever experience a sonic boom? Where and when.**

**Ever see a UFO?**

**Ever sense the presence of a ghost? Where?**

**Ever have an “imaginary friend”?**

## **MILITARY SERVICE**

**What branch? Your rank?**

**Did you go to war? What was that like?**

**Did war change you?**

**Describe any scary or challenging memories.**

## **ON A PERSONAL NOTE**

**(Give yourself permission to say whatever may be on your mind or heart)**

**Communications that need completion**

**Tell your truth**

**A secret revealed**

**Something about me no one ever knew**

**An expression of gratitude to \_\_\_\_\_**

**My last words to: \_\_\_\_\_ are: \_\_\_\_\_**