
Who are We Today?

Adult Child Questions



WHO ARE WE TODAY?

Adult Child's Questions

Physical Status:

List any current chronic illness, e.g., arthritis, diabetes, osteoporosis, etc.

Circle the answer that best describes you:

Yes	No	Sometimes	I exercise regularly
Yes	No	Sometimes	I eat a healthy diet
Yes	No	Sometimes	I have lots of energy and stamina
Yes	No	Sometimes	I am physically able to do anything I want within reason
Yes	No	Sometimes	I sleep well

IT'S BETWEEN YOU AND ME

Social Status:

Circle the answer that best describes you:

Yes	No	Sometimes	I like spending time alone
Yes	No	Sometimes	I like to travel
Yes	No	Sometimes	I like to go out to dinner at least once week
Yes	No	Sometimes	I enjoy meeting new people
Yes	No	Sometimes	I have hobbies I enjoy doing
Yes	No	Sometimes	I have children or other dependents at home
Yes	No		I work full time outside the home
Yes	No		I work part time outside the home
Yes	No		I have a very demanding job
Yes	No		I am active in more than 2 organizations and groups
Yes	No		I spend at least one hour of quiet time by myself each day
Yes	No		I spend most of my free time helping others

WHO ARE WE TODAY?

Yes	No	I live within 10 miles of my parent(s)
Yes	No	I help take care of my grandchildren
Yes	No	I enjoy traveling as much as possible
Yes	No	I often spend time entertaining friends and family
Yes	No	I do something for myself every week, e.g., massage, nails, a walk
Yes	No	I am close to my siblings or other family members
Yes	No	I have at least 2 close friends that I go to for support
Yes	No	I have at least one creative outlet
Yes	No	I can easily say "NO" to others

IT'S BETWEEN YOU AND ME

Mental Status:

Circle the answer that best describes you:

Yes	No	Sometimes	I am mentally overwhelmed
Yes	No	Sometimes	I get frustrated and angry easily
Yes	No	Sometimes	I have too many things to think about
Yes	No	Sometimes	I have a hard time going to sleep
Yes	No	Sometimes	I make good decisions
Yes	No	Sometimes	I love to solve problems
Yes	No	Sometimes	I worry about the people I love
Yes	No	Sometimes	I find I forget things
Yes	No	Sometimes	I enjoy learning new things
Yes	No	Sometimes	I am a procrastinator
Yes	No	Sometimes	I make snap decisions
Yes	No	Sometimes	I meditate at least 3 times a week
Yes	No	Sometimes	I know when I'm tired
Yes	No	Sometimes	I am stressed out
Yes	No	Sometimes	I have personal boundaries and am comfortable with them

WHO ARE WE TODAY?

Spiritual Status:

Circle the answer that best describes you:

Yes No I am a religious person and go to church every week

Yes No I am a spiritual person but don't belong to any specific religion

Yes No I don't believe in God or any greater power

Yes No I am afraid of death

Yes No I love to meditate or pray

Yes No I love to discuss beliefs with others

Yes No I believe I have a purpose

Yes No I find joy and peace in my life

Yes No I believe in a person's right to choose for him/her self

Yes No I am non-judgmental most of the time

Yes No I am a trusting person

Yes No I need control in my life

Yes No I feel connected to God, the universe, the Source

Yes No I am open to other people's ideas and thoughts

IT'S BETWEEN YOU AND ME

Fill in the blanks to the following questions:

My greatest joy in life is _____

My greatest fear in life is _____

What I want people to know about me is _____

My greatest achievement has been _____

WHO ARE WE TODAY?

My *saddest* regret has been _____

The hardest thing I ever had to do was _____

The one thing I want to happen or have before I die is _____

Overall I am a _____ person most of the time.

(answer this with the best descriptive word that feels right to you, e.g., happy, brave, successful, fulfilled)