Social Security # _____

Chronology Chart

We will begin by asking for a rather detailed chronicle of events since you left college. Please fill in the chronology chart on the next two pages as carefully as you can. If you think of more things later, turn back and fill them in. Be sure to include the following:

Changes in relationships with important people
Geographical moves, travels, or changes in living situation
Changes in school and/or work status
Major changes in income
Changes in health
Births and deaths
Major achievements of your own or important others
Changes in important interests or commitments not included above

Age	Year
	1958
	1959
	1960
	1961
	1962
	1963
	1964
	1965
	1966
	1967

(Chronology chart continued on back of this sheet)

Age Year

1968

1969

1970

1971

1972

1973

1974

1975

1976

1977

1978

1979

1980

1981

Good Times, Bad Times

By circling the appropriate ages or age ranges, show at what times in your life you felt the most unstable, confused or conflicted:

18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46

What do you think were the reasons for each period of instability, confusion or conflict?

By circling the appropriate ages or age ranges, show at what times in your life you felt the most pressure of responsibilities:

18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46

What were the reasons for the feeling of pressure in each period you circled?

By circling the appropriate ages or age ranges, show at what times in your life you were the happiest -- felt most positive, the most complete sense of well-being. Put crosses at the ages you were least happy, felt least positive, least sense of well-being.

18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46

What were the reasons for your periods of most and least happiness?

By circling several ages or age ranges, show which were the most important years of your life between the ages of 18 and 46:

18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46

Why were these years most important?

(if you wish to elaborate on your answers to these questions, please continue on the back of the last page in this (white) section (Page 1 - 7, back).)

Important People in your Life

Please select four people who have been significant in your life. Be sure to consider people who aroused your negative or ambivalent feelings as well as those who aroused your positive feelings. You might include a person with whom you have had a sense of unusual or "magical" rapport, a person you dream about over and over, etc. Tell how and when they were most important to you.

Please do not include your parent, spouse or partner, or child, because later sections of the questionnaire will concern them.

First person:

Second person:

Third person:

Fourth person:

Feelings Now and in Your Early 30s

We are interested in your experience of life during the last few years as compared with what it was about ten years ago. Please rate the items below on a three point scale:

3.....2.....1

Early 30s	Early 40s		very descriptive	somewhat descriptive	not at all descriptive
3 2 1	3 2 1	A sense of being my own person.			
3 2 1	3 2 1	Excitement, turmoil, confusion about my impulses and potential.			
3 2 1	3 2 1	Coming near the end of one road and not yet finding another.			
3 2 1	3 2 1	Depression and resentment or disillusionment.			
3 2 1	3 2 1	Feeling needed by people.			
3 2 1	3 2 1	Feeling powerful.			
3 2 1	3 2 1	Focus on reality -- meeting the needs of the day and not being too emotional about them.			
3 2 1	3 2 1	Intense interest in inner life.			
3 2 1	3 2 1	Effort to ensure that younger people get their chance to develop.			
3 2 1	3 2 1	Rebellion against constriction.			
3 2 1	3 2 1	Religious and philosophical interests.			
3 2 1	3 2 1	Feeling very much alone.			
3 2 1	3 2 1	Having a wider perspective.			
3 2 1	3 2 1	Influence in my community or area of interest.			
3 2 1	3 2 1	A new level of intimacy.			
3 2 1	3 2 1	Feeling my life is moving well.			
3 2 1	3 2 1	Being very much interested in sex.			
3 2 1	3 2 1	Looking old.			
3 2 1	3 2 1	Searching for a sense of who I am.			
3 2 1	3 2 1	Feeling more confident.			
3 2 1	3 2 1	Doing things for others and then feeling exploited.			
3 2 1	3 2 1	Fears of competition with other women.			
3 2 1	3 2 1	Wishing I had a wider scope to my life.			
3 2 1	3 2 1	A new level of productivity or effectiveness.			
3 2 1	3 2 1	Feeling angry at men and masculinity.			
3 2 1	3 2 1	Feeling angry at women and femininity.			
3 2 1	3 2 1	Anxiety that I won't live up to opportunities.			
3 2 1	3 2 1	Feeling weak, incompetent, or not as strong as other people.			
3 2 1	3 2 1	Feeling I will never get myself together.			
3 2 1	3 2 1	Worry about the children.			
3 2 1	3 2 1	More involvement with my parents and siblings.			
3 2 1	3 2 1	Feeling secure and committed.			
3 2 1	3 2 1	Feeling the limits of what I will be able to accomplish.			
3 2 1	3 2 1	Thinking a lot about death.			
3 2 1	3 2 1	Interest in things beyond my own family.			
3 2 1	3 2 1	Appreciation and awareness of older people.			
3 2 1	3 2 1	Interest in my family tree or ancestral culture.			
3 2 1	3 2 1	Discovering new parts of myself.			
3 2 1	3 2 1	Feeling men are more important to me than they used to be.			
3 2 1	3 2 1	Feeling women are more important to me than they used to be.			

In what ways do you feel you have changed most since your early 30s?

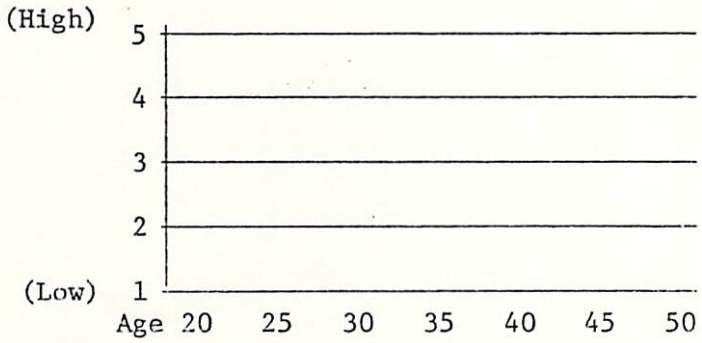
Aspects of Your Life

Everybody is engaged in social roles that change over time. For example, a woman's role as mother of pre-school children involves activities, responsibilities, and relationships that are different from those she has as mother of adolescents. Similarly, changes occur in one's role as marital partner, in one's occupational career, or in the course of one's participation in volunteer political or social activity, or the practice of an art or craft. Most people are engaged in more than one of these role sequences. The roles interact with each other, and the amount of time and energy involved in any particular role changes over time.

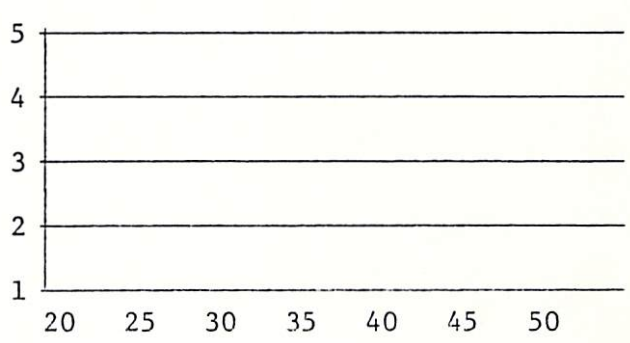
In the space below, please plot the level of involvement that you have felt, or anticipate in the near future, in the main roles of your life. By "involvement" we mean expenditure of time and interest. If you have had more than four of these on-going roles, choose the four most important. If you have had fewer than four, leave graphs empty as needed.

Please be sure to label clearly what each role is.

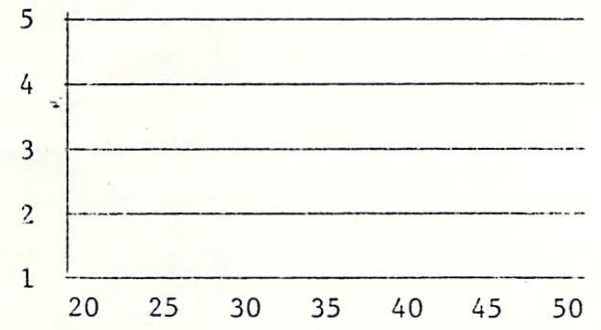
Role #1: _____



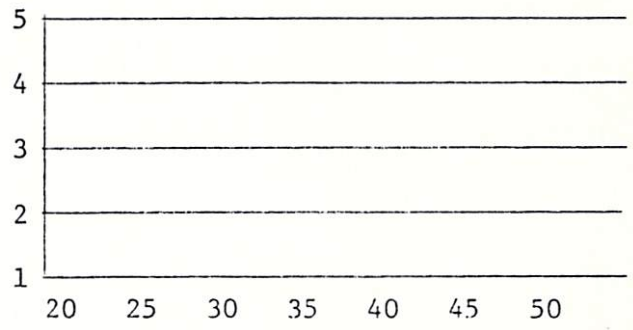
Role #2: _____



Role #3: _____



Role #4: _____



Please comment on the ways these role sequences have intertwined in your life.

For two or three of the roles that you have graphed please consider this set of questions:

In the early stages of this role, did you have a dream or idea about what it would be like or what you wanted to accomplish? If so, was this strong, weak, clear, vague, emotional, rational? (Please describe it as best you can).

Was there someone who served to aid or inspire you, or to serve as a model or guide? If so, who were these individuals (in relation to you)? What were they like, and how did you feel towards them?

Role: _____

Nature of "dream" (if any):

Model or guide (if any):

Role: _____

Nature of "dream" (if any):

Model or guide (if any):

Role: _____

Nature of "dream" (if any):

Model or guide (if any):

Marriage and Marriage-Like Relationships

Please write a brief history of your married life and/or married-like relationships, including the ups and downs, the main problems and high points you have experienced.

How have marriage or marriage-like relationships been different from what you expected?

What are/were the best aspects of your (longest) couple relationship?

In what ways is/was it lacking?

What are/were your best characteristics as a wife?

How well does/did your partner understand you -- your feelings, your likes and dislikes, and any problems you may have?
Very well ___, quite well ___, fairly well ___, not very well ___, not at all ___.

How well do/did you understand your partner?
Very well ___, quite well ___, fairly well ___, not very well ___, not at all ___.

How much do/did you enjoy spending time with your partner?
Very much ___, quite a lot ___, fairly well ___, not very much ___, not at all ___.

How often do/did you and your partner disagree about how much to spend on various things?
Very often ___, often ___, sometimes ___, seldom ___, never ___.

What subjects would you avoid talking with your partner about? Who would you talk about these things with?

Do/did you and your partner have the same friends? If you have had friends you prefer to see alone, how have you worked this out?

How do/did you and your partner feel about expressing affection with each other? How compatible are/were you about this?

How would you try to get your partner to do something that your partner didn't want to do? (Rate the following, putting a "3" next to three you would be most likely to do, and a "1" next to three you would be least likely to do.)

___ hint
___ sulk
___ get angry
___ withdraw

___ strike a bargain
___ just mention it
___ cry, plead
___ keep at your partner

___ present it reasonably
___ tell your partner how much it means to you
___ choose the right time to bring it up
___ give an ultimatum
___ forget it, no use

How is responsibility for household tasks shared by you and your partner?

How satisfied are you with this?
Very ___, fairly well ___, somewhat ___, not very ___, not at all ___.

How many hours each week are/were spent in household tasks by you? ___, by your partner? ____, by others? ____, If there are/were others, who are they?

About what percent of your partner's interest is/was devoted to:

____work

____family

____community service

____social life or activities with you

____recreation or leisure interests apart from the family

(Please make the total add up to 100%).

How are/were decisions made by you and your partner? (For example, decisions about where to go on vacations, how to spend money, how to behave towards one another, what to do with your time together, etc.).

How satisfied are/were you with the way decisions are/were made?
Very ___, fairly well ___, somewhat ___, not very ___, not at all ___.

If you have had financial worries, please describe the problems you have had, and when this has been an area of difficulty for you as a couple.

What are/were your partner's most distinctive characteristics?

What do/did you like most and least about your partner?

Since your relationship began, what have been the main events in your partner's life -- the main problems your partner has had to solve?

Has your partner changed as a person over these years?

What is your partner's present occupation and approximate annual income? How does your partner feel about this work?

Do you consider your partner fulfilled or actualized in terms of your partner's own needs and expectations? Please explain.

Difficult Times in Marriage and Marriage-Like Relationships

In long-term relationships, there are usually difficult periods. Please describe these periods in your relationship.

What do/did you do to handle the stresses of these periods?

Have you considered separation/divorce/breaking up during one or more of these times? If so, what were some of your thoughts as you contemplated this possibility? Did you separate?

Do you feel you changed personally as a result of any difficult periods in your relationship? If so, in what ways?

If you have resolved these difficulties, please describe the way they were resolved. If these difficulties have not been resolved, what has allowed the relationship to continue?

Over all, how satisfied would you say you are/were with this relationship?
Very ___, quite well ___, fairly well ___, not very well ___, not at all ___.

Divorce
(Ending a Relationship)

Please write a brief history of your divorce. How and why did your marriage end, and what was that process like for you?

What were your circumstances at the time--where were you living, working, etc.?

How much time elapsed between your first thoughts of ending the relationship and the actual separation? _____. If applicable, between separation and divorce? _____. Please describe ways in which you changed during this interim period.

What immediate changes did you make in your life?

What have been your main worries or concerns?

Have you changed your ideas about what you want from a relationship? How are your intimate relationships different?

How has your self-concept changed as a result of your divorce? Are there aspects of your personality that have changed as a consequence?

Divorce in Perspective

The upheaval of divorce happens to women at many ages, who are leaving very different kinds of relationships, and who then pursue varied paths. Please consider the impact of your divorce experience in shaping your subsequent life.

What long-term changes in your life do you see as a consequence of divorce?

To what extent do you feel the divorce was your choice? 1----2----3----4----5
My choice Imposed on me

What did you find the hardest?

What, in retrospect, are you glad for?

How did the divorce process change you as a person, if at all?

What aspect of yourself was most in need of mending or comfort as a result of the divorce?

How, if at all, did your divorce change your ideas or hopes about couple relationships?

How would you rate your former partner as a person? 1----2----3----4----5
Please comment on your rating. Quite low Quite high

Describe briefly the arrangements you and your former partner now have with regard to finances, child contact, and contact with each other.

Parenting and Children

Please discuss the factors that affected the number and spacing of the children in your family, including step children.

By what method of childbirth did you have your children? Was this what you wanted? Why or why not?

What was your experience with or reaction to breastfeeding?

Did you have a period of feeling down, blue or depressed before or after the birth of any of your children? _____. Or when they were very young? _____. How serious an experience was this for you? What was it like?

Which of these statements best applies to you?

___ I have a natural inclination towards being a mother and have almost always found it rewarding.

___ Being a mother has been highly rewarding but some periods or aspects have been hard.

___ Being a mother has been rewarding, but it is often very hard.

___ I am not at my best as a mother.

What were your arrangements for childcare as your children were growing up? What problems did you have? How comfortable were you with these arrangements?

If you were to start your family again, what would you do differently to make motherhood/family life less stressful and more successful and gratifying?

What things would you do the same again if you were to start your family now?

Please describe the main problems, satisfactions, and challenges to you in your "career" as mother in encouraging the development of each of your children. Try to convey what aspects of motherhood have been most trying and gratifying for you, what you have learned from your experiences, and what your style of mothering is.

When in your children's lives were you the best parent?

___ infancy, ___ pre-school, ___ grade school, ___ early adolescence, ___ teen age.

How do/did you and your partner share the responsibility for your children's caring and rearing?

How satisfied were you with these arrangements?

___very satisfied, ___quite well, ___ fairly well, ___not very well, ___not at all.

How would you describe your partner as a father, what was his "style" of fathering?

How did you resolve disagreements about child-rearing (punishment, values, etc.)

What have you, as parents, emphasized or tried to cultivate in your children? (Put a "3" by three items you most emphasized, a "1" by three least emphasized.)

Spouse	You	
___	___	Making them feel loved and secure.
___	___	Encouraging their achievements. (What kind?)_____
___	___	Encouraging independence, self-reliance.
___	___	Encouraging attractiveness, popularity.
___	___	Encouraging imagination, originality.
___	___	Encouraging self control, dependability.
___	___	Encouraging moral integrity.
___	___	Encouraging companionability, responsiveness.
___	___	Encouraging masculine (for boys) or feminine (for girls) traits.

What are the main criticisms that your children make of their parents? How do you feel about this?

How would you say that being parents has affected your couple relationship(s)?

How do you think you are different as a model for your children than your mother was for you?

How do you feel (or think you will feel) as your children move away from home?

In what ways do you think being a mother has had an impact on you as a person? How has it affected the shape of your life -- your friendships, interests, etc.?

The Home Environment

Households differ in the environments they provide. Some have a strong cohesiveness -- members are expected to do a lot of things together and to be mutually supportive. In some there is a lot of interaction among members -- they talk to each other a lot. In some there is a lot of conflict -- interactions are generally irritated, or openly angry or aggressive. Some show a high degree of organization; here rules and responsibilities are clear and explicit. Some have a marked hierarchy of authority.

Please rate your home on these dimensions, circling the most appropriate number.

	Very low	Somewhat low	Average	Somewhat high	Very high
Cohesiveness	1	2	3	4	5
Interaction	1	2	3	4	5
Conflict	1	2	3	4	5
Organization	1	2	3	4	5
Hierarchy	1	2	3	4	5

How would you describe the atmosphere in your home?

On Not Having Children

How did it come about that you did not have children?

How do you feel about the advantages and disadvantages of not having children?

Have you felt differently in the past? (If so, how, and at what times in your life?)

How have your parents felt about your not having children? Did they have a role in your decision not to have any?

What have been the attitudes of others towards your not having children?

What sorts of contacts, if any, do you have with children not your own?

What do you do to maximize the advantages (and minimize the disadvantages) of not having children?

Being Single

How do you feel about the advantages and disadvantages of being single?

Have you felt differently in the past? (If so, how, and at what times in your life?)

Did you ever try a "marriage-like relationship"? If so, how did it work out?

Do you think you might like to enter into a marriage or marriage-like relationship in the future? Why or why not?

How have your parents felt about your not getting married? Do you think they had a role in your decision to stay single?

What role have friends had in your lifestyle as a single woman?

What do you do to maximize the advantages (and minimize the disadvantages) of being single?

Friendships

What are some of the qualities of your close friends?

Please describe the kind of relationship you tend to have with your close friends.

How much conflict arises in your friendships? ___A lot, ___quite a bit, ___some, ___not much, ___none. Please give some specific examples of how you have dealt with conflict when it has arisen in friendships.

How important is friendship to you? ___Very important, ___quite important, ___not very important, ___unimportant. Briefly, explain why you made the selection above.

Would you say that you have ___a few, ___quite a few, or ___many close friends? Would you like to have ___fewer friends, ___more male friends, ___more female friends? (Check as many as apply).

How do your friendship relationships differ from the kind of relationships you would like to have?

Have friends become more or less important to you at particular times since you left college? How have your friendships changed over the years?

Social Network

In this section we would like to find out about your "effective social network", that is, the set of people with whom you exchange advice, companionship, information, etc. The following questions are designed to find out who is in your effective network, and something about your relationships with them.

In the space beside each line below, please write the first name and last initial of the relevant person(s) whom you:

Talk to when you are upset about a personal matter:

Ask for advice when making important decisions:

Turn to for reassurance and emotional support:

Discuss work with:

Go to movies or do things with:

Discuss or share a hobby or interest with:

Share your attitudes and values with:

Get intellectual stimulation or exchange from:

Ask to check the house if you are out of town:

Turn to for assistance with practical problems:

Would borrow money from:

Experience novelty, fun, or excitement with:

Experience competition or rivalry with:

Feel has good connections or links to other groups:

Regard as a drain or would like to lose contact with:

Stay in contact with for old time's sake:

Listen to when they need to talk:

Assist with practical problems:

Lend money to:

Please enter up to ten of the people you have mentioned in the table below.

First name and initial	Age	Sex	Occupation	Origin of the relationship
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

(Numbers refer to people listed on previous page)	1	2	3	4	5	6	7	8	9	10
Initials of first and last name										
About how long have you known this person? (Years)										
How far away does this person live? (Miles)										
How often are you in touch? 1=more-than-weekly, 2=weekly 3=more-than-monthly, 4=monthly, 5=yearly, 6=rarely										
Who usually initiates contact? 1=you mostly, 2=both equally, 3=he/she mostly										
Do you mainly get together: 1=one-to-one, 2=along with spouse/partner, 3=with a group of friends, 4=on some common ground (work, etc.)										
How well does this person understand you? 1=very-well 2=fairly, 3=somewhat, 4=not-very-well, 5=not-at-all										
How well do you understand him/her? (please use same scale)										
Would you like to be: 1=closer, 2=the same, 3=more distant										
In this relationship, do you tend to: 1=give more than you get, 2=give and get equally, 3=get more than you give										
How satisfied are you with this relationship? 1=very satisfied, 2=satisfied, 3=dissatisfied, 4=very dis-satisfied										
Would you rank order these people in terms of how important they are to you. 1=most important 10=least important										

This part of the table is designed to get an idea of how interconnected the people in your network are. In the first row, indicate how well you know (using letters) and how well you like (using numbers) each of the people in the table. In the second row, indicate how well person #1 knows and likes person #2 - 10, etc.

KNOWS: a.....b.....c.....d.....e
very well | moderately well | somewhat well | not well | not at all

LIKES: 1.....2.....3.....4.....5
very much | a little | neutral | not much | not at all

	1	2	3	4	5	6	7	8	9	10
self										
1										
2										
3										
4										
5										
6										
7										
8										
9										

Work and Work-like Commitments

In this section of the questionnaire, we would like to find out about your involvement in work other than the work of maintaining a home and caring for members of a family. We are interested in all kinds of paid employment, and also free-lance artistic or craft work, advanced academic or professional training, and unpaid work on projects to which you have made a sustained commitment (volunteer work, political or religious activity, etc.).

Please list below the main facts of your education and work history since college. List your positions or activities in chronological order. Put two stars by the work you liked best, and one star by all work you've enjoyed.

Approximate Dates	Paid/ Unpaid	% Time	Job Title and Nature of Your Work or Training

Please rate the following items according to how important each was as a consideration in beginning your present (or most recent) job, training, or other work-like activity:

3 = most important 2 = somewhat important 1 = least important

___ a strong commitment to this work

___ a chance to make some money

___ a chance to do something creative or innovative

___ the job was practical or convenient (good hours, location, etc.)

___ a chance to help others

___ a chance to meet people

___ no better alternatives

___ interest in the field

___ a chance to get a little variety

___ I had free time and chose this as the way to use it productively

___ prior training made this work a possibility

___ a need to define myself independently

If you are paid in your present work, approximately how much do you make annually?

In any work history, there are choice points. The ones below may not all apply to your work history; please select the ones appropriate to you, and indicate what factors influenced you in the following decisions. Please keep in mind the definition of work being used in this section of the questionnaire. It includes any work-like commitment besides homemaking.

To work or not work after graduating from college:

To choose the kind of work I first selected:

To change from one kind of work to another:

To work or not work after I married:

To work or not work after I had my first child:

To work or not work after my children were older:

What to do after separation and/or divorce:

The amount of time I now spend on my work:
(How many hours per week do you spend?)

Other:

Please describe the place -- the nature of the setting -- where you do your present work.

What aspects of your work do you like most? What aspects do you dislike or find difficult?

How do you feel about the remuneration you have received for your work? If applicable, how does your spouse/partner feel about it?

What recognition have you received for your work? How do you feel about this? How do significant others feel about it?

How well do you like your associates at work? Do you see any of them outside the work situation? Have you had problems with your "boss" or co-workers? (Who and what kind?)

What future do you see for yourself in your present work? Is there other work you would prefer?

How is your work related to your sense of yourself? What changes have there been in your self-concept as a result of the work you do?

Some women focus on one kind of work, with occasional shifts in emphasis or responsibilities. Otner women engage in a variety of activities, at the same time or from one period to another. If you belong to the first group, please tell us about your history in your chosen work -- what you learned, what you accomplished, your frustrations along the way. If you belong to the second group, please describe the factors that led you to this "shape" of work life and the satisfactions and dissatisfactions you feel with it. (If you belong to both groups, try to describe the history of this combination.)

What do you think of the way work is organized in society? Does it suit you, or do you think it should be arranged differently? Do you think your work would go differently if you were a man? In what ways?

What is your "style" in your work? How do you do it differently from the way others do?

Have you had "stuck times" in your work -- periods when you couldn't make progress, had no ideas, felt conflictful, couldn't concentrate, or perhaps couldn't work at all? If so, how frequent and how extreme have these ups and downs been?

Please think of a time when your work was going badly. How did you feel? What other things were going on in your life (for example, in your relationships)? What do you think the problem was? What brought you out of this period?

Please think of a time when your work was going especially well. How did you feel? What other things were going on in your life (for example, in your relationships)? What was it like? What were the circumstances?

Has there been a time when you reevaluated your work-life, or took a different perspective towards it? What seemed to be the rewards and sacrifices of your work at this time?

Overall, how much work satisfaction have you experienced?
___ A great deal, ___ A lot, ___ A moderate amount, ___ Some, ___ Little.

How much conflict have you experienced between commitments to your work, and commitments to your partner, children, homemaking, and leisure interests?

	A great deal	Quite a bit	A moderate amount	Some	Little
Partner	5	4	3	2	1
Children	5	4	3	2	1
Homemaking	5	4	3	2	1
Leisure interests	5	4	3	2	1

How have you tried to resolve these conflicts?

One's work may be perceived in a variety of ways by one's partner, children, parents, friends, neighbors, teachers, employers. These "significant others" may be critical or complaining, noncommittal, verbally supportive but unwilling to help out in other ways, appreciative, proud, etc.

What have been the reactions to your investment in work on the part of the people most important to you? What have they done to help or to hinder you? If their attitudes have changed over the years, how have they changed?

How have you responded to the attitudes of others toward your work?

Health

How would you rate your general state of health?
___ Excellent, ___ Above Average, ___ Average, ___ Below Average, ___ Poor.

Do you have any health problems? If so, in what ways do these interfere with your life?

Do you have any frequent symptoms for which you use medication? If so, what are these and what medications do you use?

Have you been hospitalized since college? When? For what reasons and for how long?

Do you get as much exercise as you would like? What form(s) of exercise do you engage in, and how often?

Have you been in any therapy or counseling? When? For how long? Why? How would you describe the therapy?

How much sleep do you generally need? What problems in sleeping have you had?

What method of birth control do you use? Have you changed methods? What are your reasons for choosing the method you now use?

How would you rate your energy level? 1 (Low) 2 3 4 5 (High)

How tall are you? _____. How much do you usually weigh? _____. Which of the following do you consider yourself: ___ about right, ___ a little underweight, ___ a little overweight. If you are not "about right", why do you think this is, and what (if anything) do you do about it?

For each item below, circle the appropriate answer:

How much coffee or tea do you drink?
none rarely 2-3 cups per week 1 cup - 2 cups - 3 cups daily more

How many cigarettes do you smoke?
none rarely @ 1 pack per week 1/2 pack - 1 pack - 2 packs daily more

How much wine and/or beer do you drink?
none rarely 1-2 glasses per week 1 glass - 2 glasses - 3 glasses daily more

How much other alcohol do you drink?
none rarely 1-2 drinks per week 1 drink - 2 drinks - 3 drinks daily more

Do you smoke marijuana?
never rarely @ once a week @ twice a week @ daily more

Do you use other recreational drugs? If so, which and how often?

Do you take tranquilizers?
never rarely @ once a week @ daily more than one per day

Do you take sleeping pills?
never rarely @ once a week @ daily more than one per day

Do you take diet pills or stimulants?
never rarely occasionally @ once a week @ daily more than one per day

Do you take other drugs which affect your mood or energy level? If yes, please describe the drug(s) and frequency of your use:

For any of the above that you <u>formerly</u> took/used, please tell us the pattern of your former use, and the time and circumstances of your stopping.

Do you have health worries -- for yourself, your spouse/partner, children or parents? What are your concerns?

Leisure Interests

What leisure interests are important to you or afford you special pleasure? Have your interests changed in the last ten years? If so, how and why?

What do you do in a typical evening at home? What pleasant thing might you do on a week-end?

Does the amount of time you spend in leisure activity seem: ___more than you would prefer, ___about right, ___less than you would prefer? What would you like to do with your time if you had the amount you want?

What is your style of entertaining, and how do you feel about it?

Has your style of entertaining changed? If so, how and why?

List organizations you have belonged to, and mention positions of responsibility you have held.

On the back of this sheet, please write in greater depth about your leisure interests and their importance/meaning to you.

The "Social Clock" and One's Generation

A concept often useful in the study of lives is that of the "social clock". At certain times in their lives, people are expected to be students, to marry, to have children, to earn a living, to get promoted, to retire. There are times when people are expected to experiment, times when they are expected to commit themselves, etc.

Has your life deviated in significant respects from the pattern ticked off by a "social clock"? If so, how? Describe any associated complications or rewards you have experienced as a result.

In some respects, people even a little before or after you have had different life experiences. You are part of a generation that experienced its adolescence in the 1950's and its young adult life in the 1960's. Some people's lives are probably affected more than others by their time and place in history. How much do you feel that your life has been affected?

1 2 3 4 5
very little very much

In what ways are you most aware of the effects of being in your particular generation?
(Rate the following items from 1=very little through 5=very important.)

___ in relation to my parents or my view of them.
___ in relation to men or to my husband.
___ in relation to other women.
___ in relation to my children.
___ the number or timing of my children.
___ my life style.
___ my work or attitudes toward work.
___ standard of living or expenses.
___ other (please explain)

In the space below, please discuss any items from the above that you rated 4 or 5.

Thinking back on your late teen years and early 20s, which of the following were among your "heroes"? Put a check by those admired, and a star by the three most admired. Feel free to add your own choices in the lines provided.

___James Baldwin	___Dwight Eisenhower	___Mary McCarthy	___Albert Schweitzer
___Lucille Ball	___Erich Fromm	___Margaret Mead	___Pete Seeger
___Humphrey Bogart	___John Glenn	___Arthur Miller	___Fulton Sheen
___Marlon Brando	___Dag Hammarskjold	___Georgia O'Keefe	___Frank Sinatra
___Martin Buber	___Billie Holliday	___John Osborne	___Adlai Stevenson
___Albert Camus	___Grace Kelly	___Elvis Presley	___Elizabeth Taylor
___Rachel Carson	___John Kennedy	___Ayn Rand	___Babe Didrikson Zaharias
___Pablo Casals	___Jack Kerouac	___David Riessman	_____
___Doris Day	___Wanda Landowska	___Eleanor Roosevelt	_____
___Simone de Beauvoir	___Joseph McCarthy	___J. D. Salinger	_____

Describe your participation in activities or groups that would give us a picture of how you were involved in the social climate of the 1950's and 1960's.

How have your attitudes about women's roles changed since your college days?

Have you taken part in the women's movement? If so, in what ways? If not, are there ways you've been affected by it?

Have there been times when you were particularly impressed with the importance of the social climate? When? How do you feel about having been a member of your particular generation?

Siblings

For each of your brothers and sisters, please provide the following information: their age (relative to you), locale (city and state), a brief occupational and marital history, the number of children they have, and how often you are in contact.

In the family, each child has a special "niche". There are many possible patterns -- the serious, responsible eldest son, the pampered youngest daughter, are two examples. Please describe the roles you and each of your siblings held in your family. How have these roles affected your adult life?

Do you see your siblings as closer or less close to your parents than you are? Why is this?

Deaths

Deaths have very different consequences for us depending on our relationship with the person who died, our time of life, the responsibilities that are entailed, the suffering of relatives, financial gains or losses, the support of friends or members of the helping professions, and various particular circumstances.

Would you please describe the consequences for you of the death of your

How Change Comes About

Some of the important things in life "happen" to us; we make conscious willed decisions about others, and some we decide on impulse. Still others are decided for us by important others, and we just "go along". In the list below, indicate how you got into the described situations. If you have not been in a situation, leave the line blank.

	impulse decision	willed decision	happened into it	went along with decision by other
Going to Mills College				
College major				
First job after college				
Love affair				
Graduate school				
Marriage				
First pregnancy				
Other pregnancy				
Going to work after children were born				
Divorce				
Abortion				
Change of jobs				
Other (what?)				

What has been the most important risk that you have taken in your life so far? Why was it a risk? When was this? How did things turn out?

What was the biggest risk you considered but <u>didn't</u> take? Why was it a risk? When was this, and how did things turn out?

Choose an important change in your life. What was that change? What initiated it and how was it supported?

Places in One's Life

My current home is a ___house, ___apartment, ___condominium, ___other (what?_____)
in a ___rural area, ___small town, ___suburb, ___small city, ___metropolis. It contains
_____(number) rooms.

Do you have a private room or space in your home that is "just for you"? If so, please describe it and tell what you do there. If not, what space do you use for personal activities?

What do you like and dislike about the place you live (home and area)?

In what ways does your home "express your personality"? In what ways does it not?

Please describe the atmosphere in your home.

How much influence did you have in the decision to live in your current residence?

5.....4.....3.....2.....1

complete none

How was that decision made?

What have been the main factors affecting where (regions, cities) you have lived since college? How have these places affected your activities and the attainment of your goals?

Current Relationship to Parents

	Mother	Father
How old are your parents?		
Where do they live? (City and State)		
How far from you do they live?		
IN THE ITEMS BELOW, CIRCLE THE MOST DESCRIPTIVE		
I write to him/her	daily weekly monthly yearly less	daily weekly monthly yearly less
We talk by phone	daily weekly monthly yearly less	daily weekly monthly yearly less
We see each other	daily weekly monthly yearly less	daily weekly monthly yearly less
Who usually initiates getting in touch?	mother me	father me
Would she/he like to see you	more often same as now less often	more often same as now less often
Would you like to see him/her	more often same as now less often	more often same as now less often
What is it usually like when you are together? What do you do when you are together?		
Do you "perform services" for each other? If so, what do you each do?		
Do you and your parents have friends in common?	many some few none	many some few none
Do you disagree about how much money to spend on various things?	very-often often some seldom never	very-often often some seldom never
How well does she/he understand you -- your feelings, likes and dislikes?	very-well fairly some slight none	very-well fairly some slight none
How well do you understand him/her?	very-well fairly some slight none	very-well fairly some slight none
How much do you enjoy spending time with him/her?	very-much somewhat little none	very-much somewhat little none
How much do you think you are alike?	very-much somewhat little none	very-much somewhat little none
If applicable, what is she/he like as an in-law? How do she/he and your spouse get along?		
If applicable, what is he/she like as a grandparent? How does he/she interact with your children?		

Describe a recurrent positive emotion, and a recurrent negative emotion, that you felt toward your mother during your childhood years.

What have been the main events in your mother's life, or the main problems she has had to face, since you left college? Has she changed as a person over these years? If so, in what ways?

Has your relationship with her changed? If so, at what times and in what ways? Do you think you have more or less in common now than you used to have? Why or why not?

What conflicts or problems have you had with your mother? When were these most severe?

Do you think your mother is/was proud of you or satisfied with you? Why or why not?

Describe a recurrent positive emotion, and a recurrent negative emotion, that you felt toward your father during your childhood years.

What have been the main events in your father's life or the main problems he has had to face since you left college? Has he changed as a person over these years? If so, in what ways?

Has your relationship with him changed? If so, at what times and in what ways? Do you think you have more or less in common now than you used to have? Why or why not?

What conflicts or problems have you had with your father? When were these most severe?

Do you think your father is/was proud of you or satisfied with you? Why or why not?

Chapters of Your Life

Imagine that you are preparing the outline for an autobiography of your life. Arrange your life into "chapters", starting at as early an age as possible. Group years that seem to go together, and give each "chapter" a title. To keep this undertaking within limits, you may want to deal briefly with chapters that seem relatively uneventful, but answer questions such as the following for each chapter:

What were the significant things that happened during these years? What was significant about them? What were the images, issues, or themes of these years for you? Were there characters or motifs of stories, books, films, etc., that capture your feelings at this time?

How did you feel during this period -- about yourself, about others around you, in general?

What made this period end?

What did you want most? How much did you achieve of what you wanted?

After the title of each chapter, remember to tell what years the chapter covers.