

EARLY MEMORY QUESTIONNAIRE

Name: _____ Age: _____ Date: _____

Please list the names of your parents and/or caregivers:

1. _____
2. _____
3. _____
4. _____

Please list the names and ages of any brothers and sisters:

1. _____ Age: _____
2. _____ Age: _____
3. _____ Age: _____
4. _____ Age: _____

*Please describe, if you can, five of your earliest childhood memories, plus one of your first day in school and one of your adolescence. Each memory should be a **single and specific episode**, which you can visualize as having happened. Start with the earliest recollection, going as far back as you can. Describe each memory as fully as possible, relating the **circumstances**, as many **details** as you remember, and any **thoughts or feelings** you had at the time.*

*After having described the episode, please complete the four sentences at the end of each memory in terms of the **impressions and conclusions** you think you might have come to as a child on the basis of that episode.*

First Memory (approx. age: _____):

“I am _____.”

“Other people are _____.”

“The world is _____.”

“Therefore I will _____.”

Fourth Memory (approx. age ____):

“I am _____.”
“Other people are _____.”
“The world is _____.”
“Therefore I will _____.”

Fifth Memory (approx. age ____):

“I am _____.”
“Other people are _____.”
“The world is _____.”
“Therefore I will _____.”

Memory of the First Day of School (age _____):

“I am _____.”

“Other people are _____.”

“The world is _____.”

“Therefore I will _____.”

Memory of Adolescence (age _____):

“I am _____.”

“Other people are _____.”

“The world is _____.”

“Therefore I will _____.”

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