



FAMILY TO FAMILY ADOPTIONS, INC.  
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## AUTOBIOGRAPHICAL INSTRUMENT

Please fill out as completely as possible and give to your social worker at the time of the homestudy interview.

**1. PERSONAL DESCRIPTION**

- a. What do you do to have fun?
- b. What are some of the best experiences or joys of your life?
- c. What do you do when you feel lonely?
- d. What was the biggest disappointment or loss you have experienced in your life and how did you cope with it?
- e. What are your personal goals?
- f. How would you describe yourself?
  - i. Personality.
  - ii. Appearance.
- g. What are your hobbies, interest, and memberships?
- h. Briefly describe your daily routine:

**2. YOUR MOTIVATION TO ADOPT**

- a. When did you first begin thinking about adoption?
- b. Reason(s) for adopting:

**3. HEALTH STATUS (PHYSICAL, MENTAL, AND EMOTIONAL) OF ALL PERSONS LIVING IN THE HOME**

- a. Chronic diseases or conditions:
- b. Current medications and dosages and name of doctor administrating treatment:
- c. List of hospitalizations and surgeries:
- d. Have you had prior psychiatric or psychological treatment? Please describe.

- e. Having a new baby means less sleep and sometimes exhaustion: how would you cope with this situation?
- f. What is the amount and frequency of your alcohol consumption?
- g. Do you smoke tobacco? (YES/NO) \_\_\_\_\_ Amount: \_\_\_\_\_

**4. SINGLE APPLICANTS**

- a. Please describe the significant others in your life.
- b. How do you anticipate your lifestyle changing with parenthood?

**5. MARITAL RELATIONSHIP**

- a. When/how/where did you and your spouse meet?
- b. When/how/where did you decide to get married?
- c. Describe the strong points in your marriage.
- d. How has marriage changed you?
- e. What changes would you like your spouse to make?
- f. What changes do you think your spouse would like you to make?
- g. Describe yourself as a marital partner, including both your strengths and your weaknesses.
- h. What do you like most about being married?
- i. What were the greatest adjustments you had to make in your marriage?
- j. What circumstances would make you want to consider a divorce or termination of the relationship?
- k. What factor causes the most problems in your marriage?
- l. What impact do you expect a new child to have on you marital relationship?

- m. If applicable, describe any previous marriages, including names of ex-spouses, date and length of marriage, date and reasons for divorce, and county and state in which each took place.

**6. FAMILY RELATIONSHIPS**

- a. Please list all of your children (including adult children) living in or out of your home and familial relationships to both (in the case of couples) applicants (e.g. stepchild, etc.). Give their names, ages, education, occupation, address, health, and attitude toward the adoption. Briefly describe your relationship with the children and your spouses relationship with the children.
  
- b. Describe how your family handles feelings of :
  - i. Frustration.
  - ii. Love/affection.
  - iii. Anger.
  - iv. Sadness.
  - v. Stress.
  
- c. Describe any disagreements you have had and how you resolve them regarding:
  - i. Acquiring and spending money.
  - ii. Sexual attitudes, feelings or behavior.
  - iii. In-laws.
  - iv. Communication.
  - v. Religion.
  - vi. Use of alcohol or chemicals.
  - vii. Lifestyles



- c. Are you more like your mother or father? To whom were you close?
- d. Who had the most influence in your life?
- e. Describe the community(ies) in which you grew up.
- f. Describe your adolescence (social and family experiences).
- g. Describe your family activities and chores.
- h. Which part of your childhood (ages) did you enjoy the most? Why?
- i. Age-wise, which part of your childhood (ages) did you enjoy the least? Why?
- j. What was your school experience (relationships, grades, extracurricular activities, etc.)
- k. Who was your favorite teacher? What did you like about this person?
- l. Were there any significant events which occurred in your childhood (moves, parents' divorce, death of a family member, etc.)?
- m. Who disciplined you, how were you disciplined, and for what were you disciplined? Do you agree with their methods? Will your discipline be the same or different?
- n. Were you or any members of your family ever emotionally, physically, or sexually abused?
- o. How old were you when you left home? Why did you leave? How did your family feel about it?

## 9. PARENTING

- a. What do you enjoy (or think you will enjoy) about caring for a child? What seems the hardest?
- b. What kind of experiences have you had with children?
- c. Will you arrange for a leave from work? If both parents return to work, what are your child care arrangements?
- d. What values do you believe are important for you to pass on to your child?

- e. What rules will you have in your family regarding privileges and responsibilities? What rules, in your opinion, would be most flexible? In what areas would you not be flexible?
  
- f. Have you taken a child development course? If not, do you plan to do so?
- g. Have you identified a pediatrician you expect to use?
- h. What do you think your greatest weakness is/will be as a parent?
- i. What do you think your greatest strength is/will be as a parent?
- j. What do you think your spouse's greatest weakness is/will be as a parent?
- k. What do you think your spouse's greatest strength is/will be as a parent?
- l. What age child do you think you will enjoy parenting the most? Least?
- m. How will your parenting resemble/differ from that of your parents?
- n. What forms of discipline will you use as a parent? Why? How will you handle a situation of discipline in which you and your spouse do not agree on a disciplinary method?
  
- o. Under what circumstances (if any) would you think it would be ok to spank your child?

## **10. ADOPTION ISSUES**

- a. What are your thoughts on parent/child bonding and when it will take place?
- b. What is your understanding of how abuse and neglect occur?

- c. Have you ever known someone who was abused or neglected as a child? How does that person feel about his or her parents?
- d. What is your understanding of the dynamics of separation and loss? How have you dealt with losses in your own life?
- e. How would you help your child deal with attachment issues related to her or his birth family or previous care givers? How would you help the child with feelings of anger, abandonment, and grief?
- f. What do you plan to tell your child about your reasons for wanting to adopt him or her? How would you help your child to understand adoption? When will you tell him or her?
- g. What do you plan to tell your child about his or her background, particularly abuse and/or neglect, and/or relinquishment or abandonment?
- h. Why do you think an adopted child might want to find his or her birth parents when he or she is older?
- i. If your child decides to search for his or her birth parents when he or she reached adulthood, how do you think you would react?
- j. What do you think most “birth parents,” meaning the biological parents of children who are adopted, are like; personality, education, income, etc.?

**11. YOUR NETWORK OF SUPPORT FOR PARENTING**

- a. Attitude of the extended family regarding your adoption. *If family members would like to write their feelings in letters to enclose with the application, this would be welcome.*
- b. What is the feeling of your family about your desire to adopt a child of a different race or ethnic group?
- c. Do any of your close friends have children?
- d. Who can you identify as your major support system other than your spouse?

- e. If something serious happened to you or your spouse, who would provide care for your children?
- f. If there were serious financial problems in your family, to whom would you turn for help?
- g. Who would you call if you had a problem with your child and would that person be available to you during the day? If not, who else would be available?
- h. What kind of involvement do you expect from family members (grandparents, your siblings, etc.)?

**12. PREPARATION FOR TRANSCULTURAL ADOPTION**

- a. What is your experience and understanding of the culture of the child you wish to adopt?
- b. What has been your experience if you are in a racially-mixed marriage?
- c. Describe your circle of friends. Do you think your friends could accept a transracial /transcultural placement?
- d. Describe the linkages you have to the African American, Hispanic, Angola, or Asian community. Are your neighbors/schools/church racially mixed?
- e. How would you handle prejudice toward your child?
- f. Are there other children of other racial or ethnic groups in your family or circle of friends?

**13. EXPECTATIONS OF AND PLANS FOR ADOPTIVE CHILDREN**

- a. How will you want your children to behave? What is most important to you?
- b. What are some of your hopes and dreams for this child?

**14. DESIRED CHILD(REN)**

- a. Ethnicity/Country of origin.
- b. Please describe the kind of child you would like to adopt (age, sex, physical appearance, personality, family health history, behavior, etc.)

- c. Behavior, background, special needs status, or other characteristics of a potential adoptive child that you cannot accept.
- d. Do you have any experience with children with physical or emotional disabilities?

**15. FINANCIAL STATUS** *(If a couple is applying, the financial information is only needed on one autobiography form)*

- a. Provide a monthly budget with the added anticipated expenses of child. Does your income meet your expenses?
  
- b. Provide a financial statement including:
  - i. Income.
  - ii. Expenses/debts.
  - iii. Amount in savings and place of savings.
  - iv. Amount in checking and place of checking account.
  - v. Investments.
  - vi. Retirement fund (name and amount).
  - vii. Home mortgage or amount of monthly rent. Provide verification that your mortgage is up to date through a bank statement, payment book, etc.
  - viii. Provide a copy of your latest pay stub with amount of gross and net income.
  - ix. List any life insurance policies.

**16. HEALTH INSURANCE COVERAGE**

- a. Name of health insurance company:
  
- b. Will your child be covered immediately at the time of adoption?
  
- c. Will this cover pre-existing conditions?

**17. EMPLOYMENT HISTORY**

- a. Place of employment (verify by letter or pay stub):
  
- b. Occupation, job title and responsibilities:

- c. Length of time at present job and salary:
- d. What do you like most about your job? Least?
- e. Are you satisfied with your present position? What are your career goals?
- f. Briefly describe prior employment.
  
- g. If applicable, describe your military experience.

**18. EDUCATION**

- a. When and where did you attend and graduate from high school, college, trade school, or other training?
  
  
  
  
  
  
  
  
  
  
- b. If you went to college, describe your college experience.
- c. Do you have any license or certification?
- d. What were your extracurricular activities in school?
- e. Do you speak a foreign language?

**19. LEGAL**

- a. Have you ever been arrested or convicted of any crime? If so, please explain.
  
  
  
  
  
  
  
  
  
  
- b. Police verification of absence of criminal record will be needed. If you are new to your area, a police record check from your prior residence will be needed.
- c. Verification of absence of prior abuse or neglect of a child will be needed. You will be assisted in obtaining this by your social worker.

- d. Have you ever sued anyone or been sued?

**20. RELIGION/SPIRITUAL LIFE**

- a. Name of religion or description of your spiritual philosophy.
- b. Name of the church you attend (if applicable).
- c. Describe your involvement or practice in formal religion or spiritual life.

**21. HOME AND NEIGHBORHOOD**

*(If a couple is applying, this section is needed on one form only.)*

- a. Describe the community/neighborhood in which you live and length of time there (age range of neighbors, children in the neighborhood, schools, parks, etc.)
- b. Type of home and size (square feet, number of rooms, number of bedrooms, etc.)
- c. Plan for the child's room or sleeping area.
- d. Do you have a plan for child proofing the home? Are there any particular areas of concern (firearms, swimming pool, stairs, etc.)
- e. Do you have any pets? Please describe.

**22. RESIDENCY**

- a. Please list your residency for the last 10 years. Provide address, state and zip code with the number of years that you resided at that location.
- b. Please note that if you have not resided in the state of Texas for the last 10 years, you will need to complete a FBI background check with fingerprint cards. Contact your social worker to get the fingerprint cards required.

**23. REFERENCES**

- a. Give the names, relationship, phone numbers, and address of the three references who are providing letters of reference for you. The social worker will call them to verify their statements. If you would like to give more references, this may speed up the verification process (if the social worker is unable to reach any of the first three).

This release is signed today \_\_\_\_\_ in acknowledgement of the Receipt of the Social Worker’s Code of Ethics and the number for the Texas State Social Worker’s Board of Examiners with whom I may tender a complaint if my social worker, employed by Family to Family Adoption Services, fails to adhere to the principles laid down in the code of Ethics.

In addition, I am hereby giving my written authorization for Family to Family Adoption Services to call my references and verify any of the information which has been received from me for the purposes of preparing an adoption homestudy.

I further authorize Family to Family Adoption Services to release any of my information to my adoption agency, which has been designated in my contract with Family to Family Adoption Services.

\_\_\_\_\_  
Client

\_\_\_\_\_  
date