



NOTE TO SELF

Begin your own cultural autobiography with a reflection about your family, either your family of origin or your family of choice.

When and where were you born?	
Where did you live between birth and age 18?	
Where did your parents grow up?	
Where did your grandparents grow up?	
What events did you celebrate as a family growing up?	
When there was a big decision to make in your family, who participated? Was there anyone who had the final word in major decisions?	
When you have a major decision to make as an adult, do you discuss it with your family, or do you only inform them once you have made a decision?	
As an adult, do you discuss your thoughts and feelings with your family?	
As an adult, do you discuss your thoughts and feelings with people outside of your family?	