

## REMEMBERING YOUR ADOLESCENCE

### 1. Physical Development

- Did you physically mature earlier, the same, or later than most of your peers?
- What was that experience like?
- Did anyone help you understand your physical growth and maturity?

### 2. Emotional Development

- What did you do to establish your identity?
- Who helped you? Who hindered you?
- What did you do to become independent from your caregivers?
- What helped or hindered you in becoming independent?
- In what way did you learn to function as an adult in your family?
- Who helped you figure out what you would do in the future?
- Did your caregivers understand that emotional lability was normal?
- What outlets did you use for your emotions?
- What were some risky behaviors you engaged in?
- How, if at all, did your caregiver protect you from risky behavior?

### 3. Cognitive Development

- Do you remember when you began developing logical thought?
- How did your behavior, and relationships with family, change as you developed cognitively?

### 4. Social Development

- How did friends help you during adolescence?
- Looking back, were those people really helpful?
- How did your caregivers/family handle your desire to spend more time with friends?
- At what point did you begin to assume adult roles or responsibilities in your extended family?

## 5. Sexual Development

- Who helped you learn about sexuality?
- From your current perspective, was that person really helpful?
- How accepting is your community of differences in sexual identities?