

Worksheet 9: Key people in my childhood/teen years

Tick to indicate which people from this list were key in your life:

Possible key people	Tick/cross	Possible key people	Tick/cross
Close family members (e.g. aunts/uncles, grandparents)		Extended family members (e.g. great aunts/uncles, cousins)	
Teachers		Older sibling who was a 'parent' figure	
Neighbour		Religious leaders	
Scout/Guide leaders		Other youth group leaders	
Sport coaches		Music teachers	
Friends' parents		Friends' older siblings	
Counsellor/therapist		Other (please specify):	