



## INSTRUCTIONS FOR WRITING CONFIDENTIAL AUTOBIOGRAPHY

### Things to Remember:

- Please include your name on the first page.
- Length should be approximately 4-8 pages.
- Be brief, yet thorough, in your comments regarding the sections listed below.
- Express yourself openly and freely.
- Your autobiography will be treated with **care** and **sensitivity**.
- Please keep a copy for your personal records.

- 1. Family and Childhood History:** date and place of birth; relationship to parents; number of siblings and birth order; illustrations of affection in your home; conflictive experiences with parents and siblings; family recognition of personal achievements; best and worse childhood experiences; sexual discovery and development; history of abuse--physical, emotional, sexual; experiences of loss or grief; current relationship and frequency of contacts with parents and extended family.

IMB recognizes that for some of you, abuse (sexual or physical) that you experienced as a child is a significant part of your life history and may be something that you share in your autobiography. IMB is committed to treating any information you provide sensitively and compassionately. If you have experienced abuse, we want to ensure that you have received or have access to receive the resources you may need. Therefore, because of our concern for you, one of our trained Member Care counselors may follow-up to discuss this topic with you. In addition, if you have experienced abuse, we recognize that it is your personal choice whether or not to provide IMB with the name of someone who has abused you. You are not required to provide IMB the name. **Please know, however, that if you do choose to provide the name of someone who has abused you or others as a child, then it is IMB's policy to report to applicable government authorities the name of anyone who has been alleged to have committed child abuse.**

- 2. Social Development:** changes in family situation since childhood; experiences in school, college and other training; history of rebellion, experimentation or usage of alcohol, other drugs and tobacco; dating and significant relationships; experiences of learning problems or difficulties; handling of finances and debt; and comments regarding one of the following areas:
  - A. Singleness** - recent dating experiences; serious relationships in the last five years; how social and companionship needs are met; attitude toward sex; feelings about sexual needs and how they should be met; future openness to marriage; contentment with singleness.
  - B. Marriage** - how did you meet your spouse; engagement; early marital adjustment; strengths and weaknesses of marriage; marital communication; attitude toward sex; are intimacy needs fulfilled in marriage; previous marital counseling; plans for having children.
- 3. Emotional Development:** personality strengths and weaknesses; stressful experiences in the last five years and how and why you have dealt with them.
- 4. Conclusion:** Situations needing resolution prior to moving ahead? Obstacles preventing your moving ahead in the application process? What would you most like us to know about you in relation to potential overseas service?