

*Australian Radix Training  
Centre*



*Autobiography of Feeling and  
Purpose*

2019

## **Introduction to the Autobiography of Feeling**

*Please read the questions below and in responding to them write a short autobiography to be returned with your application form. You may leave out any questions you do not wish to answer, and include any other information that you feel would assist your trainers in working together with you. The information will help the trainers and your supervisor understand your background and your current emotions, attitudes, and beliefs that may effect your personal work and progress in the training program. Include material that you may have already discussed at some other time, as this autobiography is a memory aid and provides a valuable resource.*

*Usually this autobiography is about 4 -6 typewritten pages or the equivalent if not typed. If you wish to write more that is fine too. Use the questions as a guide rather than a rule book. Again if there is information that you feel would help in your work that is not requested do include that as well.*

*Please yourself as to whether you go through the questions one by one or you choose to write a more creative response that includes answers to them. Do this exercise to enhance your own learning and reflection on your life, from your heart as well as your head and in a way that you learn something about yourself from the process. Keep a copy for yourself to refer to as your work progresses.*

*All material in this autobiography is confidential. When you complete your training the copy you have provided will be returned to you if you wish.*

## **Family Background**

How many people lived with your family when you were growing up and what was their relationship to you?

How did you relate to each family member?

What other significant people in your childhood affected your development?

How do you relate to these members of your family now in your current life?

## **Emotions**

Describe the emotional climate in your family when you were growing up

Which emotions were allowed/encouraged expression and which not?

How did you adapt to this?

How do you express emotions in your life now? (Love, anger, fear, pain, trust, joy etc.)

Which emotions do you find most difficult to live with and why?

Which emotions do you find easiest to express and why?

How did you handle all these emotions when growing up?

## **Thinking / Self Concept**

How do you think and feel about yourself now and does this differ from when you were younger?

Can you assert your needs well?

What do you do, think, feel when life is going well for you and when it is going badly?

What do you most think about? (Yourself, others, your work, family, dreams etc.)

How do you use your thinking to enhance your quality of life?

How do you use it to make life more difficult for you?

What do you fantasise about?

Is it easier to accept positive or negative feedback about your self?

## **Relationships**

Who are the significant people in your life now?

What makes your relationships with them significant?

What is your emotional relationship with them?

What are the most rewarding and frustrating aspects about these relationships?

How do you express your needs in relationships?

With whom do you find it easy and difficult to express your needs?

Are you aware of any patterns in your life in regard to whom you choose as friends or a lover/partner?

## **Spirituality**

Do you have a sense of an inner life? How do you nurture this inner life?

Who has been most influential positively or negatively in your development in this area?

## **Purpose**

Do you have a sense of direction or focus in your life?

How does your work/daily activity reflect this?

What do you experience as most satisfying about where you are in your life right now?

What is most disappointing?

What dreams do you have for yourself or those close to you? Have these changed over time?

Do you have a sense of your life evolving or standing still?

## **Passion**

What are you most passionate about in life right now? Has this changed over time?

Do you feel comfortable expressing this passion in your life?

Do you make time for the expression of the passion in your life?

Do you have a sense of being sexually alive?

How do you feel about your sexuality and yourself as a sexual person?

What have been the major milestones in your sexual life?

How do you express your sexuality in your current life?

How present and alive do you feel in life right now?

How connected or in touch with life do you now feel?

### **Body**

What is your relationship with your body right now?

What do you like and dislike about your body and your overall physical appearance?

How in touch with your body are you?

Where do you feel alive in your body?

Do you have a sense of your body in everyday life?

Have you ever had serious health issues, illnesses or accidents that have effected this relationship?

Has how you feel and how you relate to your body changed during your life?

### **Learning**

What are your attitudes to learning, growth and change?

Has formal learning mainly been a positive or negative experience for you?

How do you best learn conceptual things?

Have you tended to learn through formal courses or structures or informal ones?

Given your history with learning how might you sabotage yourself in this course?

How do you respond to being told what to do by someone in authority?

Where do you anticipate having problems?

What do you think will be easy for you?

### **Radix Goals**

Based on your knowledge and experience of Radix, no matter how limited this may be:

What are your dreams and fantasies about how Radix work both personally and

professionally will change your life and relationships?

**Any other relevant information you want to share that has contributed significantly to who you are today?**

Thank you  
Narelle McKenzie  
Director of Training