

# Future Contact With My Birth Family

Right now, I have contact with:



The family member I miss the most is:

Future contact with my birth family will depend on...

- My age
- If they want to see me
- When/if I am ready
- Whether they have changed
- Other: \_\_\_\_\_

Right now, my opinion about finding my birth family is

If I decided to find them, it would be to:

- Get some answers
- Make sure they are okay
- Get information that I need (medical, etc.)
- Let them know more about me and how I am doing
- See if they have changed
- Other: \_\_\_\_\_

Date: \_\_\_\_\_