

Character Backstory Worksheet



Name:

Age:

Ethnicity:

Gender (or Identified Gender if applicable):

Where was he/she born or grew up?

Parents or guardians: Raised by one of two parents? Raised by a family member(s)? Foster care? Etc.

What was his/her relationship with her parents/guardians?

Siblings: Only child? Sisters or brothers, large family or small family? Cousins? Etc.

Upbringing: Did he/she grow up in a wealthy, low income or middle class home? Were they taught to work hard for what they get? Were they spoiled? Etc.

Education: Graduate high school? College? Post grad? Did well academically? Struggled in school? If college, did parents pay for it or paid their own way? Etc.

Friends: Any long time friends? Passing acquaintances? Many or a select few? Can he/she rely on them in an emergency or on their own to figure things out?

Religion: Is he/she faith based? Which religion if any? How were they influenced to believe? If no religion, why? Etc.

Work: What does he/she do for money (legal or illegal)? Do they work hard for little? Work smart for a lot? Only care to make what they need or aspire for more? Making ends meet or struggling payday to payday? Rather have a job or be an entrepreneur? Etc.

Politics: Is he/or she conservative, liberal, middle aisle, no political thoughts or affiliation, libertarian? Etc.

Relationships: Married or single? Dating? Dating more than one person? Committed to one person? Is it working? Are they happy? Do they have hopes for the future or happy where it is? Do they want change? If so, why? Etc.

Play: When not working, what does he/she do for fun or to decompress? Any hobbies? Eating out? Going to movies or art galleries? Stay home and read? Build things? Do they get to explore new things or are they busy so they don't get a chance? Etc.

Natural talents: What does he/she have a natural talent for? Playing an instrument? Critical thinking and mathematics? Making people laugh? Etc.

Bullshit Detector: Is he/she self protective and can spot a lie? Are they easily gullible? Why? Etc.

Vulnerability: What makes he/she melt? What would bring them to tears? What would make them want to volunteer for something? What would be the cause of this in their history? Etc.

Fight or Flight: If a large bear was charging aggressively towards your character, would he/she run towards the bear to fight it, run away to self preserve, or freeze up and see what happens? Why? If they would freeze up, do they have issues with anxiety? How bad? Etc.

Proudest moment: What is he/she's proudest moment up until the start of your story? Describe.

Least proud moment: What is the most embarrassing moment for him/her? Or the moment they wish they could have back to make a better decision? Describe.

Describe the last three days for your character, prior to the start of the play:

What makes your character special from other people?

What makes your character relatable by other people?