

DnD Backstory Prompt Sheet

If you're reading this, then you need structure for a DnD character's backstory. The following is a list of questions that your backstory might answer. You don't have to answer every question, but answer as many as you feel you can. The most important questions are highlighted, so if you feel the full list is too much, answer only the highlighted ones.

Birth & Early Life

The circumstances of a person's birth and the way they are raised determine a great deal of who they later become. Here's a few questions you can answer to figure out where your character's story began.

Name

There's power in names...

- Does your character's name have any significance or meaning? Is it unusual? Where did it come from?
- Do they have any nicknames or aliases?

Birth and Parental Figures

Few of us truly come into the world alone...

- Was your character born naturally? Were they born into the body they now inhabit?
- Who were your character's parents? Do they know them?
- If your character does not know their parents, how were they raised?
- What did your character's parental figures do for a living?

Birthplace/Home

Everyone grew up somewhere...

If you don't know a specific place, you can describe it to me or make one up!

- Where was your character born? Do they know?
- Where did your character grow up?

Family

Some are raised as much by their siblings as their parents...

- Does your character have any other family they know? Siblings, uncles, aunts, grandparents?
- What is your character's relationship with their family?
- Where is your character's family? Do they know?

Situation and Station

Knowing your place isn't for everyone...

- Was your character wealthy growing up? Middle class? Poor?
- Did this change at any point before they became an adventurer?
- How did this affect them?
- Are they known in their home? Will people recognise them? What reputation do they have?

Education

Knowledge is power. Some are not powerful...

- Did your character receive a formal education as a child?
- Did they receive any kind of education?
- Who taught them?
- Where did they learn?
- What did they learn?

Recreation

No child's life is without joy...

- What did your character like to do in their spare time as a child?
- Where did they spend their time?
- Who did they spend this time with?

Childhood Friends

Sometimes, the family we choose is better than the one we're born to...

- Did your character fit in well growing up?
- Did they have many friends?
- Who were their friends? What did they know about them?

Background

A Mundane Life

Most people never become adventurers, and go on to live happy, fulfilled, quiet lives. Every adventurer had a life before they began their journey...

- When did your character's childhood truly end for them? Has it ended? Did they ever really have one?
- What did your character do for a living before they became an adventurer?
- Did your character have any friends or other special people in this life? Who were they?
- Were they good at what they did?
- Where did your character live for this period of time? If you don't know a specific place, you can describe it to me or make one up!
- How does your character feel about their life before becoming an adventurer?
- What is your character's attitude towards the gods?
- Is your character pious? Do they follow the teachings of a specific deity above others? What is that deity like? If you don't know the answer, let me know and we can talk about it.
- Is your character prejudiced? If so, why?
- How does your character spend their downtime? Do they have any hobbies, interests, or favourite places?
- Was your character wealthy in their old life? Comfortable? Scraping by?
- Does your character have any trinkets or mementos from this life?
- Does your character have any possessions not listed on your character sheet from this life? Where are these kept?

Becoming an Adventurer

Adventurers are not born; they are made...

- When and where did your character gain the skills or powers for their class?
- Did anyone teach them? Who, where?
- Did they learn alongside anyone else?
- Why did they leave their old life behind?
- If they had possessions before that they no longer have, what happened to them?
- What is their current goal **for the short term?**
- What is their **long-term goal?**
- Have they travelled with anyone else while adventuring before now? Who?