

Anchorline Resources

Quick-Start Checklist: Finding Your Biological Family

Step 1: Define Your Goal

- ☐ Do you want contact, medical info, or just background?

Step 2: Collect What You Know

- ☐ Birth Certificate (even if amended)
- ☐ Adoption/Foster Records
- ☐ Names, Dates, agencies, hospitals, and lawyers

Step 3: Request Records

- ☐ Ask your state or agency for **non-identifying info**
- ☐ Check if your state allows access to **original birth certificates**

Step 4: Try DNA Testing

- ☐ Order a DNA kit (AncestryDNA, 23andMe, MyHeritage, FamilyTreeDNA)
- ☐ Upload raw DNA data to GEDmatch for extra matches

Step 5: Build Your Family Tree

- ☐ Start with known info
- ☐ Add DNA matches using Ancestry or FamilySearch

Step 6: Search Online

- ☐ Facebook adoptee/search groups
- ☐ Social media name/location searches
- ☐ Obituaries (list family connections)

Step 7: Find Support

- ☐ Join adoptee communities & forums
- ☐ Consider a search angel or professional genealogist

Step 8: Prepare Emotionally

- ☐ Remember: responses may vary
- ☐ Set boundaries for contact
- ☐ Seek support, if needed

 **Tip: Keep a notebook or digital journal to track names, dates, and clues as you go.**

If you're not sure where to start, our paid downloads cover each step in detail - from gathering records to making first contact.