

Writing My Story

Recounting your story is important for creating coherent episodes from chaotic events. This helps you re-establish a sense of identity as well as gaining some control over feelings of helplessness. We all have complicated lives but few of us take the time to truly know our-selves and so are left with a sense of uncertainty. This exercise opens the door to knowing and appreciating ourselves more deeply. The idea is not to add more than seven to ten words for any title, chapter, or line. This keeps the exercise more reflective and less emotional.

My Life Story

1. Write your Book Title below: _____

2. Write out a minimum of seven Life Chapter Titles below that represent significant life stages and events.

For each Chapter, write out one line to describe the Life Chapter (i.e., 1. Life at the Zoo – My family life was always full of excitement when I was growing up as the youngest of six kids):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____
