

Writing your story.

Putting events in sequence and context in the story of our lives, enables us to be aware of when our reactions are coming from the past and put them where they belong, to be fully present in the now.

1. Write the story of your life in about 200 words (one page).
2. What were the significant events?
3. What were the difficult times?
4. Note important family gatherings; birthdays weddings, funerals, special celebrations.

Write about each one in detail.

Write the facts leaving gaps. Go back and fill in the gaps.
What was that like for you?
What did you do to cope?
Re-write focusing on feelings you could not have at the time or were dismissed.
What did you come to believe?
What did you need?
Do what you can to attend to that need now

If feelings are overwhelming, slow down, breathe. Get calm so the brain can link the feelings and facts. Each time you do this, that feeling is less likely to get projected into the present.

Don't hurry this process. Sometimes it will be overwhelming.

- Breathe and feel. Keep warm, fed and hydrated.
- Take regular breaks. Do it in small doses.
- Recognize what you have done in the past to get away from these feelings.
- Call on your caring adult or spiritual being to attend to the child's needs and emotions.
- Validate the child's perspective. Tell you story from your perspective, not others'

At the end of that time, write the story of your life in about 8-10 pages. This puts events in context and will make sense of a lot of later events!

Another way of writing your story. Write about each year of your life. Go back and fill in the gaps. Write about specific events in detail.