

MY LIFE STORY – A NARRATIVE EXERCISE

OVERVIEW

The following exercise is to be used in conjunction with our book, “*What Is PTSD? 3 Steps to Healing Trauma*” for best effect. Please visit www.WhatIsPTSD.com for additional resources.

GOAL

Your goal with the *My Life Story – A Narrative Exercise* is to begin creating emotional distance from your past so that you can become reflective in order to gain perspective on your life as a whole. This is a storytelling outline that helps you organize life events and gain self-compassion, without going too deeply into the memories.

TIME OUT

Always reflect on your inner state and notice if you need a break from the exercise to find your inner calm.

MATERIALS AND LAYOUT

Pen or pencil and the form we have provided on the following pages.

PATH TO COMPLETE

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 – or for the section, *Into the Future*. This keeps the exercise more reflective and less emotional, so we can really take over the role of being our own Wise Counsel.

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
