

Telling My Story

Memories are like TV shows that play in our minds. With normal memories, we can choose which “shows” we play and when we play them. It’s like we are in charge of the remote control to our memories and we can recall what we want when we want.

After going through scary or upsetting events, it can feel like someone else has the remote control to our memories. They choose which “shows” we watch and when we watch them. We may do our best to avoid upsetting memories, but they keep replaying out of our control.

The good news is that we can take back the remote control to our memories. To do this, we use our new coping skills to go back and watch the upsetting memories again – but in a safe way. By doing this, we take back control to the story of our life.

You’ve worked hard to earn the right to tell your life story. Everyone’s life story includes favorite “light” memories and upsetting “heavy” memories. We can learn and grow stronger from our light and heavy memories. Your therapist will help you pick which memories should be part of your life story.

You will also pick how you will tell your story to your therapist. You and your therapist will come up with a plan for how you will use your coping skills (your “remote control”) to conquer your heavy memories!

Telling My Story: My Plan

My
Name:

√	I will tell my story by:
	Saying it and my therapist will write or type my words.
	Write or type it and then read it with my therapist.
	This way:

I may have some heavy feelings when I tell my story. Feelings I have when I remember what happened are:	
Feeling:	
Feeling:	

It is time for a relaxer break when these feelings are at a: (Circle the #)										
0	1	2	3	4	5	6	7	8	9	10
Lightest						Heaviest				

My therapist and I will use these relaxers to lighten my heavy feelings:	
1.	
2.	
3.	

My Life Timeline

Use the timeline below to list some of the lightest and heaviest memories from your life.

Light Memories



Heavy Memories

My Story: Table of Contents

Chapter	Using your Life Timeline, choose one light and three heavy memories that you will tell about in your Life Story. You can create a title for each of your life chapters.
1	A Favorite Memory:
2	A Heavy Memory:
3	A Heavier Memory:
4	My Heaviest Memory:

Chapter 1: A Favorite Memory

Title:

In as much detail as you can remember, tell about your favorite memory from beginning to end. Also add in any thoughts and feelings you had back then.

Chapter 2: A Heavy Memory

Title:

In as much detail as you can remember, tell about a heavy memory from beginning to end. Also add in any thoughts and feelings you had back then.

Chapter 3: A Heavier Memory

Title:

In as much detail as you can remember, tell about a memory that is heavier than your Chapter 2 memory. Also add in any thoughts and feelings you had back then.

Chapter 4: My Heaviest Memory

Title:

In as much detail as you can remember, tell about your heaviest memory. Also add in any thoughts and feelings you had back then.