

REWRITING YOUR PAST

1. Choose a part of your past to focus on this month. It could be a particular event or time in your life or you can look back at the year. Write what you will focus on here.

Examples might be:

- My experience in elementary school
- The abusive situation I was in as child
- The past year
- Last month
- The first year of my marriage

2. Write a brief description of the way you understand that story today. You can summarize a bit, but don't try to edit it. Just get it down on paper.

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3. What is the "title" or main idea of this story?

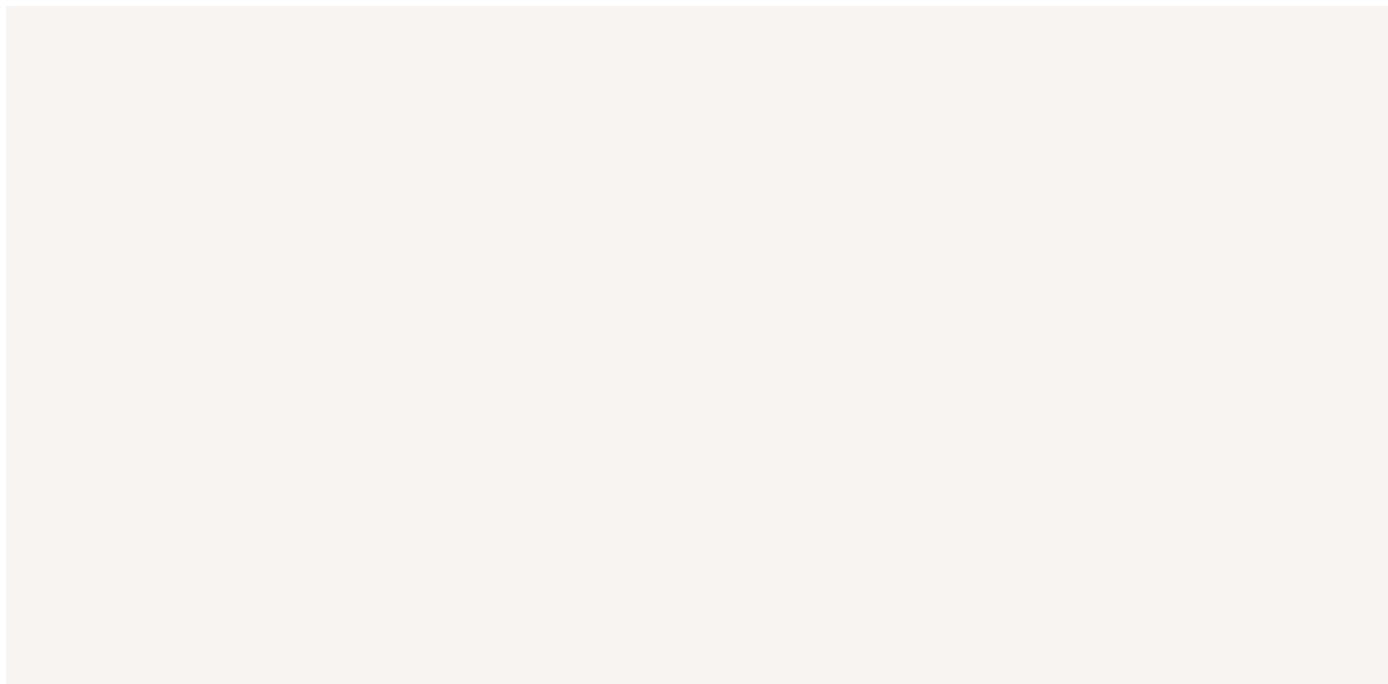
4. What parts of the story (if any) are weighing you down by bringing them into your future? Which parts are creating an identity for you that you don't want to perpetuate? Draw lines through them now.

5. Why was this the perfect experience for you?

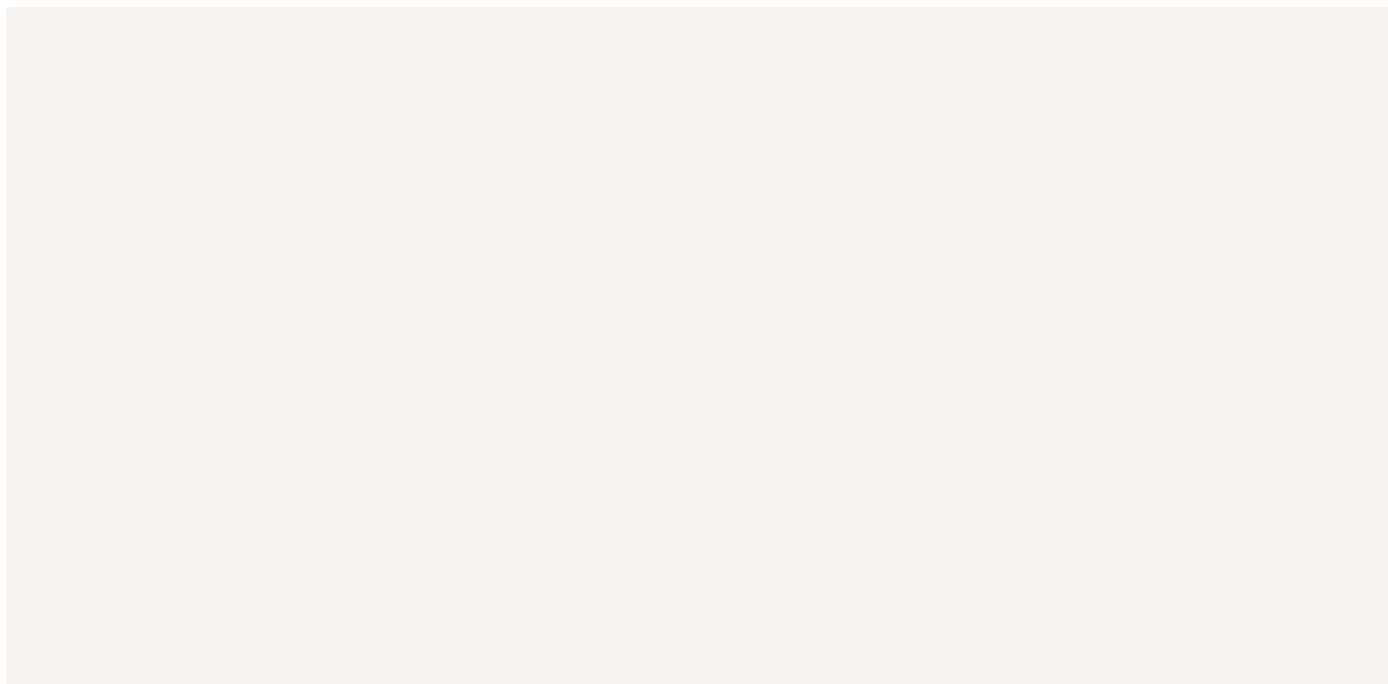
6. What amazing things exist within you or your life that would not be possible without this exact past?

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7. Which part of this story do you want to give back to other people and not keep bringing with you into your future?



8. What parts of this story do you want to keep?



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9. How do you want to tell this story (to yourself or others) from now on?

