Brainstorming Memories (5 minutes)

· To begin, think back on memories you have where you learned something new about the self, someone else, or our world.
· This memory could also be a moment that changed you in some small or big way.
· Take five minutes to think of a couple different memories like this.
  o Examples: a breakup, meeting your current best friend, a phone call that scared you, a time you left and realized you would not be coming back, an evening by the lake you swam in as a child.

First Writing Session (15 minutes)

· For this first exercise, take time and move through that memory again, from the beginning.
· Some thoughts that might help to consider as you tell the story of this memory:
  · What occurred externally? Internally?
  · Where were you, who were you with? What were you doing?
  · What led you to this moment?
  · Why were you there, why were you with that particular person?
  · What color does the memory look like?
  · Is this memory one of joy, or sorrow? Does it begin in one and end in the other?
  · How did this moment inform the person you are now?

Second Writing Session (15 minutes)

· Now, tell this story in reverse.
· Feel the ways in which the story shifts with its chronology.
· Do the things you linger on change in this version? Where do you take in breaths now?