

PERSONAL STORY

(To be considered in advance of our first meeting)

- The story must be a **real** event from your past. The event must be something you actually experienced. The “past” may be yesterday or when you were a child or anywhere in-between.
- The story must be **important** to you, though you will not be asked to explain why it is important.
- You should be comfortable sharing the story with the people present in the room.
- The story should be able to be told in approximately **three to four minutes**.
- The event can be serious or comic, or both.
- Every attempt should be made to avoid editorializing the story. The focus should remain on the actuality of the event, and on the images you recall. Background information is not necessary.
- The purpose of the exercise is to share the **specific images** of the experience of the memory.
- It is crucial that “what happens in the room, stays in the room.” Occurrences should not be discussed outside the group.

It is very important that you do not “rehearse” the story. Spending some time thinking about which story to share with us are all that is required as preparation. Indeed, you might recall several “stories” you could share with the group, and not decide which one to offer until you begin the exercise.

Before you begin to share your story, please take a moment to look around at everyone and say your name to us.