

# WRITING A STORY

As you consider a story of childhood harm you want to write about, here are a few suggestions to help you get started  
(Focus on one memory, using 600 to 800 words):

## Don't Think Too Hard

Thinking is involved, however, a good question to ask yourself is: What reoccurring memory do I often have come into my mind? It may only come once or twice per year, or more often, but bring that memory to your attention and notice how your body feels when you think about it.

## Is There More To The Story?

Do you get tense, feel a need to block it out, feel anxiety, or a significant drop in your mood? These are clues that there's more to the story. Take some time to write out as much as you can remember. If you have a trusted friend, coach, or counselor, it might be helpful to talk it out first.

## Be Present In The Story.

Once you've decided what story you want to tell, consider what it means to be present in the story. Sometimes we share stories by just "giving the facts." What we are looking for is describing the scene, the characters, the emotions, and the things that come up in us when we show the listener what it was like for us with all the moving parts and complexities within the story.

## Guiding Questions

- What do you feel?
- What do you see?
- What do you hear?
- What sensations did you feel in your body?
- What's the dominant emotion? Fear? Grief? Anger? Confusion?
- Where do you find yourself withholding tears, or letting your tears flow freely?
- How do you feel about yourself in the story?

