

<i>Personal History</i> <i>Essential Identity: Rediscoveries</i>		
Worksheet 1 5-Step Process	A Remembered Event	More than meets the eye? Y/N
	<p><i>When you think of your childhood, what is the first image that comes to mind? What is the first event?</i></p> <p><i>Sometimes the way we remember the events of our childhood reveals a great deal about how we formed our personalities and how we know the world.</i></p> <p><i>The remembered event becomes a door we can open, and we cross the portal and enter a world where identities and knowledge are fluid, and realities can be forged and reformed.</i></p>	<p>Indicate with "Y" if you have more on the matter.</p>
Step 1	<p><i>Getting Started</i> Jot down details about the event. This can take the shape of an outline or bullet points. Where did it take place? How old were you? What happened? What made it significant?</p>	
Step 2	<p>List the concrete details that come to mind. Include street names, city names, flowers, trees, shrubs, events that were occurring at the time, contemporary sports figures, name of candies and sweets, restaurant menu items, etc.</p>	
Step 3	<p>One a blank sheet of paper, or in a mind-mapping or graphics program, write down key words from your description, then engage in a free association activity as you write down words that come to mind as you consider the words, the ideas, and your thoughts.</p>	
Step 4	<p>Free write on the event. Do not write a factual account in which you simply report the events. Write an emotional response to it, and then make connections to your life and events at the time, your family, then to things that would occur in the future, or beliefs that you would come to hold quite closely.</p>	
Step 5	<p>Review and revise to create a single document that satisfies you.</p>	