

| <i>Personal History</i> <i>Essential Identity: Rediscoveries</i> | | |
|---|---|---|
| Worksheet 2 5-Step Process | An Affirming Moment | More than meets the eye? Y/N |
| | <p><i>Describe an experience you had in which you felt a great deal of satisfaction; you had achieved something that meant a lot to you, and you were recognized by people whose opinions you respected.</i></p> | Indicate with "Y" if you have more on the matter. |
| | | |
| Step 1 | <p><i>Getting Started.</i> Jot down details about the event. This can take the shape of an outline or bullet points. What kind of recognition did you receive? Where did it take place? How old were you? Who was with you?</p> | |
| Step 2 | <p>List the reasons why the moment was affirming: What was the recognition? What did it involve? What made it special?</p> | |
| Step 3 | <p><i>Mind-Mapping.</i> On 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><i>Free write.</i> 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 | Review and revise to create a single document that satisfies you. | |