

<i>Personal History</i> <i>Essential Identity: Rediscoveries</i>		
Worksheet 3 5-Step Process	The Clothes Make You What You Are? An outfit of mine that I absolutely loved	More than meets the eye? Y/N
	<p><i>Was there an outfit or a piece of clothing that, as a child or more recently (such as yesterday!), you absolutely loved? Was it something that your mother liked equally well? Or, was it something she hated, or at best, felt ambivalence about, but which you absolutely adored? What was it about it that you liked? How did that outfit reveal something about your essential being? Here is an opportunity to explore.</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 outfit. What were the individual pieces of clothing? What were the essential accessories? What kind of activity was associated with this outfit?</p>	
Step 2	<p>Take a moment to reflect on the main details of the items: What were the key pieces of clothing? Describe their construction: fabric, materials, color, details What condition was each piece in? How did each piece of the outfit feel? (tactile) How did they make you feel emotionally?</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>Free write on the outfit or piece of clothing. Do not write a factual account in which you simply expand your description. Write an emotional response to your memories of the outfit and some of the scenes that come to mind. 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>Revision and expansion.</p>	