

Memory List

In order to better understand you it is often helpful to look back on your life at the positive or pleasurable memories and the negative or painful memories. Would you please complete a memory list starting at your earliest memory and working your way to today? The list should include those significant memories that stand out as you think about your life. Some memories may be both positive and negative or have both pain and pleasure in them. Memories are stored as pictures or images and felt as emotions or feelings. When you see a memory in your minds eye you may also experience an emotion. As you look back on your life please list the memory briefly and any associated emotion or feeling.

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