

Memory Card Handout

November 27, 2000

Now that we have reviewed your history, issues of forgiveness and created a memory list, it is time to resolve any memories that are giving you difficulty. Memories serve many purposes. Some are there to keep us from repeating a bad experience like returning to a restaurant that has given us bad service with bad food. Some are designed to protect us from danger, especially as children. We only want to work with actual memories you remember. In addition, you are the one in control deciding what memories you want to deal with and what memories you want to change.

From your memory list, history, and forgiveness list, identify any memories you desire to work on for further resolution. On an index card place one memory in sufficient enough detail so you can recall the memory you want to work on. In addition to the specific memory, describe how the memory makes you feel today as you see it in your mind's eye. You might describe the associated emotion as well as where you feel this in your body. For example, "when I see my mom looking at me that way I feel scared and sick to my stomach". Frequently memories are accompanied by associated physical sensations. These will help us understand how the memory affects you as well.

Finally, describe what the memory makes you want to do. Do you want to run or scream or yell or fight back? When you look at the memory in your mind's eye what does it make you want to do in addition to how does it make you feel?

List as many memories as you like or want to work with. We will only work with a few at a time. Memories are powerful and may make you feel worse initially rather than better. That's normal. It is not because we are creating more pain, it is because you are getting in touch with the pain that is within you that was already created.

Be sure to place each unique memory on a separate index card. We will deal with them one at a time when you are ready to do so. In our next session, we just want to review the cards together to make sure we have all the cards you want to deal with and all the cards you have you want to deal with. You can change your mind on any card or memory at any time. Usually when we begin to work on memories we will only do two to three per session. That is usually as much as any one wants to deal with at one time.

As you prepare your cards do not be surprised if more memories occur. This is normal since memories are layered and dealing with one will frequently produce another. Feel free to record these new ones and bring them in as well. The next time we get together, we will not be working on the memories, per se, but rather considering which ones you want to work on. As always you are in charge of your memories and what you want to do with them if anything.

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