Write Your Life Story

*Incorporating the Factual and Emotional Truth: A Worksheet and Checklist*

*Terry Northcutt*

**Who**

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**Source:**

Memory Photo Diary Journal Interview Book Letter

Magazine or Newspaper Article Email Phone Call Telegram

Other

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**When**

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**Source:**

Memory Photo Diary Journal Interview Book Letter

Magazine or Newspaper Article Email Phone Call Telegram

Other

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**Where—Basic Information such as Sugarloaf Mountain, living room, office:**

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**Source:**

Memory Photo Diary Journal Interview Book Letter

Magazine or Newspaper Article Email Phone Call Telegram

Other

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**Where—Concrete, Sensory Information**

***List what you saw, heard, tasted, touched, or smelled. Circle the most significant and relevant details that convey the setting.***

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**Source:**

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Magazine or Newspaper Article Email Phone Call Telegram
Other

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***Write a few vivid examples of the setting to clarify your impression of the setting as: raucous, peaceful, serene, claustrophobic, noisy, quiet, jangling, etc. Read back through to decide which examples best enable your reader to "walk in your shoes."***

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Other

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**What Happened—Events in Chronological Order**

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Other

**Incorporating the Emotional Truth**

**Thoughts, feelings, and interpretation of an experience at the time.**

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**What experiences did you bring to the situation that might have influenced your thoughts, feelings, and interpretations of the event?**

**What were your needs at the time of the event? How might they have influenced your thoughts, feelings, and interpretations of the event?**

**Thoughts, feelings, and interpretations of Others during the event and over time. Don’t assume you know this information. Include it only if others involved in an experience have directly shared their thoughts, feelings, and interpretations of events. We never really know what others think and feel, so, it’s best to avoid what others might label as mind reading.**

**Why do you think others remembered the who, when, where, and what happened differently? What might have caused them to focus on different aspects of the situation than you?**

**How might the temperament, personality, needs and previous history of others have impacted their version of events and their interpretations and subsequent behavior and actions?**

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