

A Critical Event in my Life Path

During this period of my life, the event that appears to have the greatest impact on my life was the time when _____

The people who were pivotal in my life around this time were _____
Name the people

Some of the major emotions I felt *during* this event were _____
Name the feeling words.

Specifically, the *physical sensations* that I felt when I felt those feelings were

Describe these *sensations* you felt in various parts of your body. Or describe your *physical posture* or *expression*

When I felt those feelings my inner conversation went something like _____

From that point on I came to see myself as _____

And I came to see others as _____

The mask I learned to wear was _____

If I could name my mask in a few words it would be _____

One of the critical choices that I made in my life during this period was _____

My biggest *fears* in sharing my feelings are _____
