

# **MODULE 14**

Life Story

**Meeting A**

Everyone in the group shares her life story. Each person is given one week to prepare. 45 min. to share, 30 min. for feedback.

**Outline**

1. Where were you born?
2. What were the stories people told you about your birth?
3. What kind of child were you?
4. Tell the group about your family.
5. Who was important to your upbringing? Who was around?
6. Who were you close to?
7. Who wasn't around that should have been?
8. How was school? What did you like about school? What could you have skipped about school?
9. How were you at making friends?
10. Who of your friends had the biggest influence on you?
11. Without going into detail, what do you think were the traumatic experiences that had a negative effect on you and your life? (for example, the death of a loved one, abuse, or trouble at school)
12. What have you done in your life that you are proud of?
13. Have drugs and/or alcohol had some part in your life?
14. How do you understand that you got here? What led up to being in this place at this point in your life?

Goal – Members will understand how trauma has impacted their lives.