

# YOUR LIFE STORY

Name \_\_\_\_\_

Date \_\_\_\_\_

**Put your life story in any form you desire and be as creative as you wish. Some things to include are: important aspects, accomplishments, highlights, list all traumas, family upheavals, any physical and/or emotional abuse, relationships between you and your family members of origin.**

**Write about anything that you feel is important for me to know. Use as much additional paper as you wish. We can also discuss any extra details that need addressing during our session(s).**

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