

Memories

Memories are not the same as our experiences. Memories are what we remember but not what actually happened. Memories are stored emotionally as images or pictures in the brain. While we cannot change actual experiences we can change memories. We do this by changing the pictures and emotions the pictures create. By doing this we reduce the trauma and control that past memories have over us. This allows us to function without the pressure or undo influence of past memories but continues to keep the wisdom the actual experience gives us. In simple terms this lets us think before we act rather than act based on past memories and then try to make sense of what we did or said.

On the lines below please list significant memories from your past both positive and negative. Although you may have a lot of memories, most people find there are some memories that are more significant than others. These are the memories that stand out in their lives. If you think a memory is significant list it below. If you question its significance I would rather have you list it then not to have it to work with.

Memories are stored organically rather than linearly. This means that you may remember associated memories such as birthday parties or holidays rather than all the events at a certain age and therefore you will skip around in your remembrances. That is fine and normal. Although these memories happened in the past, they are being played in the present. Don't dwell on negative memories. This will make you feel bad since memories are stored with emotion and you will feel the emotion.

Write the memory down, any identifying information that will help you remember it, the emotion it generates and where you feel the emotion in your body. We will discuss this in greater depth during our session as you identify which memories you want to deal with.

My memory contains the following identifying information (age, place, time, etc.) this is how it make me feel, and when I think about the memory and the emotion I feel it in my body here, i.e. chest, neck, shoulders, back, etc.

Please List Your Memories Below

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