

Creating Your Top Ten Lists

Top Ten Worst Memories

Before your next session, make a list of your top ten disturbing memories. The object is to note them without becoming disturbed. View them as if you were watching a movie or taking a peak from the corner of your eye. You don't need to go into detail when listing the memory, a single sentence or short phrase will do.

Be sure to note what age you were for each memory. If you are able, also note how disturbing the memory is now to you. (Use a scale of 0-10, where 0 is not at all disturbing and 10 is the most disturbing.) Your ratings may change later. For this exercise we are just trying to find out the relative disturbance level of each memory.

Top Ten Best Memories

Also make a list of your ten best memories including the age you were at the time of the event or memory.

If you find you would be more comfortable doing this exercise together in session, please let me know.