**My Storms**

*FRUIT ( GIFTS)*

*My strengths, kindness, love and giving.*

MY LIFE STORY

Authored by : Your Name Date

*STORMS (CHALLENGES)*

*Stressful events, losses and lack of resources.*

*LEAVES (SIGNIFICANT PEOPLE)*

*Who are the people that I trust and I can turn to for support?*

*Branches (FUTURE LIFE)*

*What do I want my future to look like?*

*TRUNK (SKILLS)*

*What am I good at? Skills I have acquired.*

*GROUND (PRESENT LIFE)*

*Where I live and how I spend my days.*

*ROOTS (PAST LIFE)*

*Family and upbringing.*

What obstacles do I need to overcome? What storms have I experienced in the past? What storms might I experience in the future?

Click or tap here to enter text.

**Leaves**

Who are the significant people in my life? Who do I trust and turn to for support? What makes me trust them? How have they influenced me, and do they know how important they are to me?

Click or tap here to enter text.

**Fruit**

What are my strengths? How have the leaves helped me shape my strengths? What gifts have I received that has helped? What compliments have I received? What strengths am I working on right now?

Click or tap here to enter text.

**Trunk**

What are my top 3 skills? How did I develop these skills and coping abilities? Do I focus more on my faults or my skills? How do I cope?

Click or tap here to enter text.

**Roots**

Past and where I came from. What was my upbringing like? What are my favourite memories? Who shaped my life? And how has my past influenced my present life?

Click or tap here to enter text.

**Ground**

Present life. What is the best thing about my current life? How do I spend my spare time? What do I wish I had more time for? What do I value most?

Click or tap here to enter text.

**Branches**

Dreams. If I had three wishes, what would they be? Would I give wishes to other people? Or if I woke up in a magic land where anything can happen and everything was perfect, what would I be doing?

Click or tap here to enter text.

MY MEMORY NETWORK

(OPTIONAL)

**Memory or Dream**

Based on my life story above, I would like to investigate a recurring memory that has to do with

Choose an item.. Can you briefly describe the memory or dream in your own words?

Click or tap here to enter text..

**Image**

What image represent the worst part of the memory or incident above? If you are having a hard time this is something that we can work on together in our session. Just say I need help.

Click or tap here to enter text.

**Negative Belief**

Choose a negative belief or value that you think best represents the memory or dream paired with the image from the [How Do I Describe My Trauma](https://uploads.documents.cimpress.io/v1/uploads/428151cc-bd7d-4a08-9d2d-2ff3eb028312~110/original?tenant=vbu-digital). It important that you reflect deeply on these and determine the one that best represents your past. Or alternatively the one that best represents where you wish to be in the future.

Click or tap here to enter text.

**Emotions**

When you bring up the image and negative belief what emotions come up for you. You can use the [Wheel of Emotions](https://uploads.documents.cimpress.io/v1/uploads/1ef1f06f-8a88-4486-b8bb-c644d670047f~110/original?tenant=vbu-digital) to describe emotions?

Click or tap here to enter text.

**Feelings**

When you bring up the memory or dream + image + negative belief what do you feel? And where do you feel it? You can use [this diagram](https://uploads.documents.cimpress.io/v1/uploads/df7c4d0d-6dd6-404e-918c-42447913759f~110/original?tenant=vbu-digital) to help describe where the feelings are?

Click or tap here to enter text.

If you close your eyes and concentrate on the feeling what color would you give it? What size? Is there motion?

Click or tap here to enter text.