





MY BIOGRAPHY

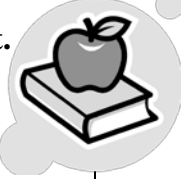
(to be used by emotionally stable Clients only)

Age Try 0-5 6-10 11-15 16-20 21-30 31-40 41-50 51+	Write down what you may remember as a “negative” event. Next, write down what you were supposed to have learned from it. (Use Values Chart if necessary.) 	Write down what you may remember as a “positive” event. 



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