**Salem Heights Church Biblical Counseling**

**Writing Your Life Story Growth Assignment**

It is very helpful to us to get to know about you and what has brought you to counseling before we counsel you (Proverbs 18:13). We will spend some time personally getting to know you when we meet, however if you would write out your life story in the following format, it would help us to use our time wisely.

If you are younger, some of the later chapters will not apply to you and your story may take less time to write out. For some of you, this will take several sittings and may take a few hours. **We realize this is a significant investment; we want to assure you it will be a critical part of our care and will be held in the highest confidence. Thanks in advance for your investment in growing to be more like Christ and being open and vulnerable in this process.**

Break your life story into these chapters: 0 to 12, 13 to 18, 19 to 25, 26 to 35, and every ten years afterward. Write it chronologically. Pick three to five pivotal moments for each chapter and describe them in detail. Examples of pivotal moments may include your parents’ divorce, a new school, the loss of a friendship, sexual abuse, the birth of a child, a serious accident, a new career or job loss, and the death of a loved one. Aim to write a paragraph for each pivotal moment. You can write with bullet points if you do not enjoy writing. You may find it best to space out your writing time over several days.

Then review what you wrote for each pivotal moment. Type your answers to these questions: What happened? What did you think and do? How did you feel? Where did it lead you? What patterns can you identify? What were your priorities? Where did you get your identity? How did they shape your worldview about God, yourself, and others? (Again, do this in chunks. Give yourself time. Don’t rush.)

0 to 12:

13 to 18:

19 to 25:

26 to 35:

35 to current: