

Story of Returning to Joy from _____

Preparation Checklist:

1. This story has a moderate feeling level and is not too intense
2. I have told this story before.
3. I do not need to be guarded in telling this story.
4. This story is autobiographical (it is about me).
5. The story illustrates a specific feeling.

6. Briefly describe the situation:

7. List feeling words for this story:

8. During this story my body felt:

9. I return to joy from _____ by:

Follow-up Checklist

- I showed authentic emotion on my face and in my voice.
- I maintained eye contact while storytelling
- I used feeling words for my body sensations
- I told the story like I was involved (autobiographical)
- I kept my story concise