

Worksheet: My earliest memory of Conflict: (based on Michael Ryce materials)

Describe:

Characteristics of this event that are most memorable:

Characteristics of this event I recall strongly which have shaped the answers to these questions:

Life is:

I am:

I feel:

People are:

Relationships are:

I want/need:

=====

Your earliest memory of joy

Describe what you remember:

Characteristics of this event that are most memorable:

Characteristics that shape the answers to these statements:

Life is:

I am:

I feel:

People are:

Relationships are:

I want/need: