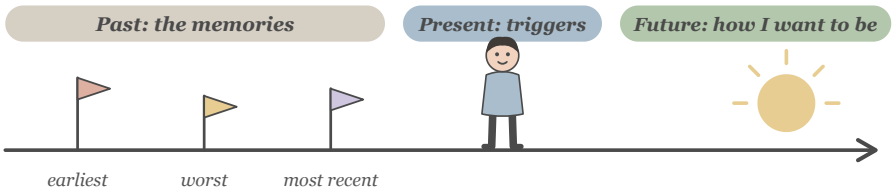
–LENSS–

My Memory Map

Mapping the past memories, present triggers and future goals we will work on.

This worksheet helps us plan what to work on, and in what order. **Please only write headlines**: a few words or a code word is plenty. You don't need to write anything that feels too much, and we can fill this in together in a session.

We often start with a **touchstone memory**: an early experience that seems to be the root of how you feel now. Sometimes we start with a more recent memory, or with your present triggers. We will decide together.



Past: memories that still affect me

Age	Headline (a few words)	How disturbing now? (0–10)	What it makes me believe about myself



Present: what triggers me now

Situation or trigger	What I feel or do	How disturbing? (0–10)

Future: how I would like to be

Situation coming up	How I would like to feel, think and act

Patterns I notice

Do any memories share a theme, a feeling or a belief about myself?

"Each memory processed
is a weight set down."