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| **What is the earliest negative memory you have?** |
| What happened? |
|  |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| **What is another childhood memory that sticks out?** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| **What made an impact in your preteen years?** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| **Think of something from early adulthood** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| **Have you had some kind of midlife crisis?** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| **Other incidents you remember:** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| --- |
| **Others:** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |

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| --- |
| **Others:** |
| What happened? |
|   |
| What did you make it mean? |
|   |
| What did you decide about yourself? |
|   |
| What did you decide about the world? |
|   |
| What strength did you develop in response? |
|   |