The resources of my life

after Satuila Stierlin

- Take a long sheet of paper and divide it up by writing short lines to denote the number of years you have lived, making the five-year strokes a little thicker
- Take about an hour's time (with or without a councillor/therapist)
- Find a quiet place
- Now think back to the happenings that were the most meaningful for you at different ages and write down on the sheet of paper what you learned from these very different experiences.
    - Write only the resulting "resources" down, not what actually happened.
    - What abilities did you gain?
    - What did you learn from your contact with others?
    - What hobbies did you learn (perhaps because something else wasn't possible)?
    - What strengths did you gain?
    - What do you not want to do without from the experience – even though there may be many different sides to it?
    - How did you transform/overcome/use the experience for your own purposes – despite everything that happened, or maybe because of it?
    - What is still important to you personally?

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