

- Write a word or phrase that describes a happy childhood memory.
- Name a person who was a big influence in your life as a child.
- Write one word or name to reflect a time you felt loved.
- What was an emotionally painful experience you had as a child?
- Write the initials of a person who hurt you when you were younger.
- Write one word to name a time you were very angry.
- What is something that happened long ago that you are still mad about?
- Write the initials of someone you hurt.
- Finish this sentence: "I am sorry for . . . ."
- Write a word or phrase that describes who you want to be in ten years.