

# Story - Triggers

We have many stories in our memory - it's just hard to recall them "up until now"! Most memories are tied to the experience of a sense - feeling, hearing, seeing, smelling, tasting or a combination of those. Here are a few ideas on how to trigger those long forgotten stories:

Sunday dinner (at grandma's)  
First time...what... happened  
Take me to the ball park  
Mama's specialty (food)  
The day I missed the (train/bus)  
Auntie's visit  
First day at school  
My .....pet....was really smart  
High up on the mountain  
Watching....whales (or other animals)  
My first trip alone  
The smell of...  
Our new car  
Sunset at ..the beach  
Slumber party  
At summer camp  
Special events in the family  
That special item/heirloom  
A famous member of the family  
Blind date  
Somebody else's story  
When I was "fixing".....  
That special song/music  
The wedding of...  
I never...did THAT...(or?)  
I'll never forget...the day...  
At the circus  
By the lake/river/sea  
When baby.....  
Hair - beautiful hair  
Being sick  
The best movie  
Up in the attic  
When I lost my...  
My first love

Holiday feast gone bad  
A really bad vacation day  
A trip to hell or so it seemed  
The first kiss  
Grandpa's fishing stories  
My ...tenth... birthday  
Making holiday cookies  
In the woods  
In the rain  
How we got the teacher mad  
A spooky night  
The taste of ....  
The day ..I... ran away from home  
First time staying up all night  
Sleepover  
Making ....food... for my family  
Looking at photo albums  
How we got to America  
Mistaken identity  
Swimming pool problems  
That dumb...computer/thing  
Surprise!...  
Yuck! That smelled awful!  
The first day at work  
Those beautiful eyes....  
Hobbies of our family  
Christmas/Hanukah/Kwanza  
My sports  
When we were hiding....  
The magic touch of Mommy  
My favorite book  
Home movies  
Down in the cellar  
The bully next door  
Whatchamacallit

It helps if you go ahead and close your eyes taking a deep breath in and then let your mind bring up that special memory...one you didn't know you still remember!