

HANDOUT

Making Personal Agreements

Below, you will find some examples of personal agreements you can make with yourself to support you throughout your experience with this workbook and to allow the healing work of writing your story to take place. Highlight or circle any of the personal agreements below that apply to you, or feel free to write your own.

Use the agreements you have identified above as a basis for how to move forward on completing the activities in this workbook. Make sure that you are giving yourself permission to approach this work in the most gentle and compassionate way that you can.

Complete the sentence starters, to support yourself when you feel challenged or get stuck.



My Personal Agreements

I noticed that when things get a bit too challenging, I start to feel disconnected to my body, thoughts and feelings.

I can agree to pause when I am feeling this disconnection and do an exercise to help me get back in touch with my body, thoughts and feelings.

The exercise I can agree to do is: _____

I worry that what I write in these exercises won't be good enough.

I can agree to silence the inner critic in my mind and just write with no judgement.

I'm afraid that someone may find what I am writing about and judge me. I can agree to find a safe place to store my workshop activities or to keep it on my computer locked with a password.

I can also agree to only share my writing and my story with people who would be supportive and nonjudgmental.

Those people are: _____

