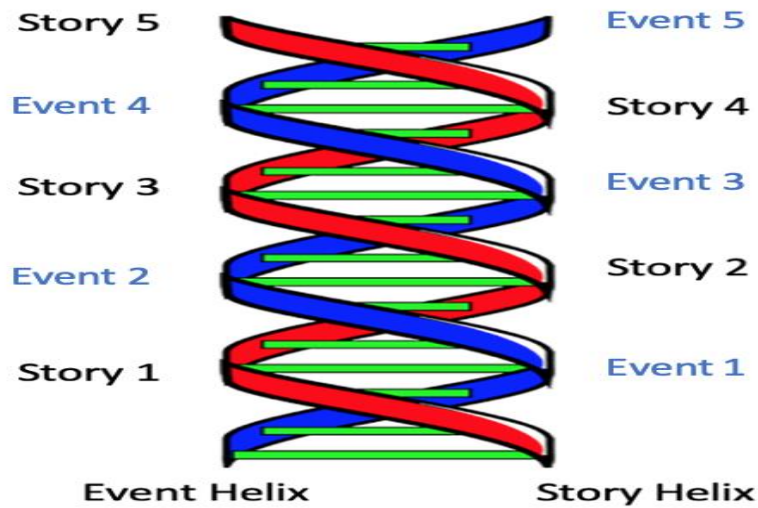


The Double Helix: Intrapersonal Exercise

Title of Helix:

Date:

In the Double Helix below, mark out 5 events on your chosen focus on the blue helix. On the red helix make some notes about that event. Then write a description/story about each one in the spaces provided. Sit back and reflect on the 5 events and stories you have written



The stories

| | |
|------------------------|--|
| Approximate Date: 1 | |
| Approximate Date: 2 | |
| Approximate Date: 3 | |
| Approximate Date: 4 | |

Approximate
Date:
5

Reflections: Notice any themes that your events and stories suggest to you:

Make a note of & listen to any music or other recordings that help you to remember more:

Are there any photographs or could you create some pictures/drawings that would help you to remember more:

Any realisations/connections/themes?

Please remember that this form belongs to you and that you do not have to show it to anyone unless you choose to.