

Micro-Story Worksheet

WHAT HAPPENED? (CONTEXT-WHO, WHAT, WHERE, WHEN, WHY?)

WHAT DID I FEAR, WHAT DID I FEEL?

WHO OR WHAT HELPED ALONG THE WAY?

WHEN DID IT START TO GET BETTER?

WHAT DID I LEARN?



Your Story Map

The Beginning or First Symptom

Top: Three Events or Moments that You Describe as Lows or Valleys

Bottom: Four Events or Moments you Describe as Highlights

One Take Away:
One Feeling Word that Captures the Event

Today
