

Preparing My 4 + Healthy Interdependence Story Worksheet

1. This story has a moderate feeling level and is not too intense 0
2. I have told this story before 0
3. I do not need to be guarded in telling this story 0
4. This story is autobiographical (I am involved in the story) 0
5. This story illustrates a specific feeling 0
6. I will show the authentic emotion on my face and in my voice 0
7. I will maintain eye contact while storytelling 0

8. Briefly describe the situation:

9. Feeling words for this story:

10. During this story my body felt:

11. What did I do in the story that demonstrates how I like to act in a healthy interdependent relationship?