



Narrative Therapy Worksheet- Life Story Worksheet **THE PAST**

Write any three significant life-changing experiences from your past that helped you grow as a person or anything you would like to share.

THE PRESENT

Write any significant life-changing experiences from your present situation, anything that you would like to share from your present.

THE FUTURE

Write any significant life-changing experiences from your future, anything you would like to achieve, dreams, or what you aspire to become.

References

[Ricks, L., Kitchens, S., Goodrich, T., & Hancock, E. \(2014\). My story: The use of narrative therapy in individual and group counseling. *Journal of Creativity in Mental Health*, 9\(1\), 99-110.](#)

[Madigan, S. \(2011\). *Narrative therapy*. American Psychological Association.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.