WORKSHEET 118 · FOR THE PSYCHOLOGIST

High point, low point, turning point

The key scenes of my story

AIM

Describe a few specific key scenes (best moment, difficult moment, turning point) and draw meaning from them, working on the specificity of memories and the sense of having influence over one's own life.

WHO IT IS FOR

Low mood (vague, general memories), feeling lost in life, work on identity and values.

DURATION

30 min

HOW TO RUN IT

1. Ask for specific scenes: a moment, a place, what happened, not a whole period.
2. For the low point, the person chooses a difficult moment they can tell without being overwhelmed, not necessarily the worst.
3. For each scene: emotions, thoughts, what it says about them.
4. Look for what the person did, chose or learnt: that is often where the sense of influencing one's own life lies.

POINTS TO WATCH

> People with depression tend to recall general memories ("I always fail"): help them come back to a specific moment. Going back over one's life can bring up painful memories. At home, the instruction is to write just one word for a difficult moment, without going into detail; work on traumatic memories is done in session (EMDR, NET), once there is enough stabilisation.

REFERENCES

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PSYCHOLOGIST'S NOTES

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WORKSHEET 118 · WORKSHEET TO HAND OUT

High point, low point, turning point

Some scenes sum up a period or say something important about you. Choose a few and tell them like film scenes: a moment, a place, what happened.

1. In each row, choose a specific scene (a moment, not a period).
2. Write what happened, in a few lines.
3. Note what you felt and thought.
4. Write what that scene says about you, or what it taught you.

Scene	What happened	What I felt	What it says about me

In these scenes, what I did, chose or learnt for myself:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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