WORKSHEET 122 · FOR THE PSYCHOLOGIST

# The places of my life

My lifeline, city by city

**AIM**

Go through the life story by way of the places lived in (countries, cities, homes), which makes memories easier to access and gives continuity to paths marked by moves or migration.

**WHO IT IS FOR**

Expatriates, migrants, children of diplomats or military families (“third culture kids”), frequent moves.

**DURATION**

20-30 min

## HOW TO RUN IT

1. List the places where the person has lived, in order.
2. For each place: the years, what was lived there, an image or a sensation that remains.
3. Identify what was kept from each place (language, customs, friendships, tastes).
4. Link this line to the worksheets in pack 3 (migratory grief) if losses come up.

## POINTS TO WATCH

> 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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McLean, K. C., Pasupathi, M. & Pals, J. L. (2007). Selves creating stories creating selves: A process model of self-development. Personality and Social Psychology Review, 11(3), 262-278.

## PSYCHOLOGIST’S NOTES

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WORKSHEET 122 · WORKSHEET TO HAND OUT

# The places of my life

When you have moved a lot, life is often told place by place. Each city, each home left something: a language, friends, a smell, a way of being.

1. Write down in order the places where you have lived (country, city, home).
2. For each one: the years and what you lived there, in a few words.
3. Add an image, a smell or a sensation that stays with you.
4. Write what you keep from that place and that is still in you.

| Place | Years | What I lived there | What I keep |
|---|---|---|---|
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**What goes with me from place to place, and that I also find here:**

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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