WORKSHEET 123 · FOR THE PSYCHOLOGIST

Extending the line

The next chapters of my life

AIM

Extend the lifeline into the future based on the values and resources identified, to move from the story of the past to concrete choices.

WHO IT IS FOR

End of lifeline work, transitions, a feeling that the future is blocked, end of therapy.

DURATION

20-30 min

HOW TO RUN IT

1. Start from the lifeline and the chapters already written.
2. Invite the person to imagine 1 to 3 next chapters, with a desired title.
3. For each one: what matters (a value), a resource from the past to take along, a first step.
4. Remember that the future stays open: the aim is a direction, not a rigid plan.

POINTS TO WATCH

If the future seems empty or threatening, explore possible hopelessness or suicidal thoughts before continuing. 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 123 · WORKSHEET TO HAND OUT

Extending the line

Your lifeline doesn't end today. You can't foresee everything, but you can choose a direction: what matters to you and what you take from your story.

1. Imagine 1 to 3 next chapters and give them a title you would like to live.
2. For each one, note what matters to you (a value, worksheet 34).
3. Choose a resource from your past to take with you (worksheet 120).
4. Write a concrete first step, and when you will take it.

Next chapter (title)	What matters to me	What I take from my story	A first step, and when

If I reread this line in five years' time, I would like to be able to say:

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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