



GUIDED AUTOBIOGRAPHY

THEMATIC
JOURNALING:
EXPLORING THE
STORIES OF OUR LIVES

A 2-HOUR INTRODUCTORY
WORKSHOP

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YOUR WRITE PATH



WHAT IS GUIDED AUTOBIOGRAPHY?

"Storytelling is healing. As we reveal ourselves in story, we become aware of the continuing core of our lives under the fragmented surface of our experience. We become aware of the multifaceted, multi-chaptered 'I' who is the storyteller."

—Susan Wittig Albert, *Writing From Life*

- Introductions and Ice Breaker: Share One Thing Most People Don't Know About You
- The Origin Story: Dr. James Birren and the Birren Center for Autobiographical Studies
- Thematic Journaling: The Themes of Our Lives
- Maps, Cycles, The Road to Here





THE 'I' IN STORYTELLER

"The past is kind enough to give you lessons. The present is kind enough to give you opportunities. The future is kind enough to give you both."

— *Matshona Dhliwayo, Author and Philosopher*

- Goals and Guidelines for Group Participants
- Confidentiality and the Safe Space: What you hear and see here stays here
- From the Heart: The journey begins at the center





A ROOM WITH A VIEW

“He allowed himself to be swayed by his conviction that human beings are not born once and for all on the day their mothers give birth to them, but that life obliges them over and over again to give birth to themselves.”

— *Gabriel García Márquez, Love in the Time of Cholera*

- Once Upon a Room: Intimate spaces in our lives
- Flash Writing: Describe a room from your childhood on paper - a drawing or description
- Discuss the room with the group





OUTSIDE THE LINES

"You are only one decision from a totally different life."

— *Wilfred A. Peterson*

"When faced with a decision, choose the path that feeds your soul."

— *Dorothy Mendoza Row*

- Straight Lines and Detours: The many beginnings in our lives
- Flash writing: Life by the decades
- Discuss your graphs with the group





TREES AND BRANCHES

"Learn character from trees, values from roots, and change from leaves"

– Tasneern Harneed

- Theme: Branching Points – What Are They?
- Choose three branching points and write them out (10 minutes)
- Read/discuss with each participant





THE NEVER ENDING JOURNEY

"A journey is a person in itself; no two are alike. And all plans, safeguards, policing, and coercion are fruitless. We find after years of struggle that we do not take a trip; a trip takes us."

– John Steinbeck

- Takeaways: Participant feedback
- Workshops and extended classes
 - ✓ 6-week Guided Autobiography classes
 - ✓ Fiction writing workshops
 - ✓ Dedicated workshops (aging, creativity, discovery)
- Evaluations: Evaluation@YourWritePath.com

Join the email list at the website

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