

### Reflecting on events in my life

Another way to reflect on your life is to think about some important events in your life. For example, an important event might be giving birth or supporting a partner who is giving birth to your child; another "event" might be your experience of school or college or university or work or voluntary activity; another example might be an unhappy (negative) experience such as a divorce or an illness or an addiction or being unemployed, etc. All these things count as events in our lives.

When we reflect on our experiences or personal events we need to be able to describe to other people what happened during that event, when it happened where it happened, who was involved, what the outcome of the event was, how long it lasted, etc. - in other words we need to be able to describe the event very clearly.

We also need to be able to identify the skills and knowledge that we used or learned during that event. For example, if someone chooses to talk about their experience of a divorce they might say that they needed skills of patience (to be able to listen to their partner/parent etc talking about how they felt), good communication (being able to share conversations with them and help them to talk about their feelings), social and interpersonal skills (listening, talking, being supportive), information gathering skills (for example, to find out about lawyers, counselling organisations, other help agencies), problem-solving skills (to be able to work through difficulties that they encountered during the divorce) and knowledge about procedures and processes for taking action during the divorce, etc.

Sometimes it can be difficult to talk in an unemotional way about the events in our lives because some of those events have been quite traumatic. But one of the ways to do this and to see the positive side of most experiences is to focus your thoughts on the skills and knowledge that you used or learned – ie ask yourself, what did I have to be able to do? What did I have to know to be able to do that?