A few reminders of how to complete the “top 10” sheets if you need them.

1. You will start to think about your “top 10” most negative and “top 10” most positive memories across your lifespan.
2. When you are ready to fill in the sheets, please shift back and forth between recording one negative, then one positive.
3. The prompts at the top of each column will guide you. Follow them closely. It can get tricky because while you are recalling a memory from the past, you are sharing your emotions in the present/here and now as you recall the memory; how intense the memory seems in the present/now; and the negative or positive cognition in the present/now as you recall the memory. It is easy to get confused. Many people put down how they felt **then** or what they think they were believing then…but that is not what I want you to do. This means you hold the memory front of mind and scan for your emotions and beliefs in the present. I will help you if this gets hard.
4. Choose your “cognitions” directly from Negative Cognition or the Positive Cognition handout. Don’t try to make them up. So for the final column on each of the top 10 handouts, you will look to the “Emotions and Cognitions” handout I am sending you and choose the ones that fit with that memory in the here and now as you bring it up. IF THIS IS CONFUSING, EMAIL ME. It can be!
5. A couple other notes: try to get a good ‘cross section of memories across your lifespan, positive and negative. So some from 0-5 years old, elementary school, high school, and adulthood is good, too.
6. If you can’t get 10 don’t worry. Try to get at least 5, but you have lots of time before we meet next so maybe try to do this a couple of times and see how many memories you can recall. You don’t have to write the WHOLE memory. Just a sentence or two that will remind YOU of what it is. I don’t need to know the whole memory. The point is you will know it when you see it later written down.