

Trauma Prompt:

In looking back on one's life, it is often possible to identify certain key traumatic or highly stressful memories. In the next section please record the **three** most negatively stressful or traumatic events of your life for which you have a personal memory. Describe the your memory of the event, including where you were, whom you were with, what happened, your reaction and the reaction of anyone else involved in the event. Please date each memory (month/day/year) as accurately as you can, even if you must estimate. If the memory extended over a period of time, please report the middle of the period. There is a separate page for each memory. If you need more space to report a memory, you may use the back of the page. After writing about each memory you will be asked to rate it on several characteristics.

Transgression Prompt:

In looking back on one's life, it is often possible to identify certain key transgression memories. In the next section please record the **three** transgression memories. A transgression is the worst thing that you have ever done. This transgression may have resulted in physical or psychological harm and it may have made you feel guilt or shame or other psychological distress. Essentially, the events that you recall should be ones in which you violated your personal code of ethics or simply did the "wrong" thing. Once you have the events in mind, please take a couple of minutes to remember the details of the events. Even though these memories are unpleasant, we would still appreciate an attempt on your part to be honest and straightforward and to provide us with as much detail as possible. Please remember to be specific. Describe the your memory of the event, including where you were, whom you were with, what happened, your reaction and the reaction of anyone else involved in the event. Please date each memory (month/day/year) as accurately as you can, even if you must estimate. If the memory extended over a period of time, please report the middle of the period. There is a separate page for each memory. If you need more space to report a memory, you may use the back of the page. After writing about each memory you will be asked to rate it on several characteristics.

Self-defining Memory Prompt

In looking back on one's life, it is often possible to identify certain key self-defining memories. In the next section please record the **three** of these memories. A self-defining memory has the following attributes: it is at least one year old. It is a memory from your life that you remembered very clearly and that still feels important to you even as you think about it. It is a memory about an important enduring theme, issue, or conflict from your life. It is a memory that helps explain who you are as an individual and might be the memory you would tell someone else if you wanted that person to understand you in a profound way. It is a memory linked to other similar memories that share the same theme or concern. It may be a memory that is positive or negative, or both, in how it makes you feel. The only important aspect is that it leads to strong feelings. It is a familiar memory that you have thought about many times. Describe the your memory of the event, including where you were, whom you were with, what happened, your reaction and the reaction of anyone else involved in the event. Please date each memory (month/day/year) as accurately as you can, even if you must estimate. If the memory extended over a period of time, please report the middle of the period. There is a separate page for each memory. If you need more space to report a memory, you may use the back of the page. After writing about each memory you will be asked to rate it on several characteristics.

Low Point Prompt

In looking back on one's life, it is often possible to identify certain key low points. In the next section please record the **three** low point experiences for which you have a personal memory. Try to remember specific experiences in which you felt extremely negative emotions, such as despair, disillusionment, terror, profound guilt, shame, etc. Even though these memories are unpleasant, we would still appreciate an attempt on your part to be honest and straightforward and to provide us with as much detail as possible. Describe the your memory of the event, including where you were, whom you were with, what happened, your reaction and the reaction of anyone else involved in the event. Please date each memory (month/day/year) as accurately as you can, even if you must estimate. If the memory extended over a period of time, please report the middle of the period. There is a separate page for each memory. If you need more space to report a memory, you may use the back of the page. After writing about each memory you will be asked to rate it on several characteristics.

Turning Point Prompt

In looking back on one's life, it is often possible to identify certain key "turning points" -- episodes through which a person has a big change. In the next section please record the **three** turning point memories. Please identify particular episodes in your life in which you underwent an important change about how you understand yourself. It is not necessary that you actually saw the event as a turning point when it actually happened. Rather, what is important is that you now see this particular event as a turning point in your life. If you feel that you have experienced no dramatic turning points in your life, then describe a particular episode in your life that comes closer than any other to qualifying as a turning point. Describe the your memory of the event, including where you were, whom you were with, what happened, your reaction and the reaction of anyone else involved in the event. Please date each memory (month/day/year) as accurately as you can, even if you must estimate. If the memory extended over a period of time, please report the middle of the period. There is a separate page for each memory. If you need more space to report a memory, you may use the back of the page. After writing about each memory you will be asked to rate it on several characteristics.

