

Memoir Brainstorming Sheet

Directions: Use this brainstorming sheet to help trigger your memories about a time, event, situation, or experience. You can check as many items as you want. Then brainstorm memories in the space provided by answering these and other questions to help you.

- What kind of memory is it?
- What feelings or emotions does it evoke? You can write about a span of feelings and emotions before, during, and after the incident (for example, *content*, *courageous*, *carefree*, *lonesome*, *alienated*, *humiliated*, *emotional*).
- Who was there? How were they involved?

At School

- ☐ Preschool ☐ Elementary School ☐ Middle School ☐ High School
☐ Other School (for example, a religious school or another specialized school)

At a Place

- ☐ Your Home ☐ Someone Else's Home ☐ Vacation Spot (city, state, country)
☐ Public Place (mall, park, beach, resort, sporting venue, and so on) ☐ Camp
☐ Vehicle (bus, car, bike, boat, jet ski, and so on) ☐ Other

With Someone or an Animal

- ☐ Sibling ☐ Parent ☐ Friend ☐ Teacher ☐ Babysitter ☐ Coach
☐ Counselor (camp, college, peer) ☐ Stranger ☐ Animal ☐ Other

During an Event

- ☐ Graduation ☐ Birthday ☐ Wedding ☐ Party
☐ Religious Ceremony (communion, bar mitzvah, catechism) ☐ Other

When brainstorming, indicate if the memory involves your event or someone else's.

Involving a Favorite

- ☐ Toy ☐ Object ☐ Hobby ☐ Vehicle ☐ Electronic Device ☐ Other