

## Autobiographical Sharing

---

### Context

This type of sharing can be used to create a cooperative and affirming environment.

### Overview

For learning to be maximized, people need to be in an environment of trust and support, one in which it is safe to take risks. One of the best methods for developing an environment of trust is mutual self-disclosure.

## Autobiographical Sharing – Script

Use the following script to explain this concept.

**“Each of you will have the opportunity to share your life story up until now. Now close your eyes and relax. Let’s take the next two minutes and review your life story—where were you born, where did you grow up, what schools have you attended, trips or vacations you have taken, jobs you’ve had, relationships and marriage, etc.”**

**Let sit with eyes closed for another minute.**

**“Now imagine that a Hollywood movie producer calls you on the phone saying that they want to make a movie about your life story. Decide what the title of the movie should be—a title that would capture the essence of your life story up until now.”**

**Give them about 30 seconds to decide this. Then open eyes.**

**“You will have 90 seconds\* (or whatever time you choose) to tell your life story, beginning with the name of your movie and why you chose that title. You must each use the full 90 seconds. If you run out of material, ask yourself questions (e.g., Do you have a pet? Are you married?)**

**“Remember, you must not go over the allotted time.”**

**FACILITATOR TIP:** In this type of exercise, it is a good idea for the facilitator to be the first one to share. This not only models the behavior you want from the participants, but also creates an environment of less risk. While you are sharing you may want to have a participant time you so that the group gets a sense of how long 90 seconds is. (Remember, when the timer says, “Stop,” be sure to do so.)

**SUCCESS SHARING** (to follow autobiographical sharing if you have time)



A powerful way to get people focused on the positive is to get them to share a success they have had in their past. When people talk about their successes their self-esteem and confidence go up. This facilitates a shift from a tendency to center on the negative to a focus on the positive. I generally start with, “Share a success you have had by the age of 18.” This ensures everyone in the group would have something to share. Then you can move to a success later in life.

## Major Turning Points Exercise

---

**Review the 3 or 4 major turning points in your life.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **Success Recall & Sharing**

- Anchor the State by making a fist with your right hand.
- Share a Personal Success
- Share a Professional Success

### **Success Symbols**

Place items that remind you of important achievements (plaques, trophies, pictures, magazine articles, book covers, etc.) in places where you will see them every day. You may want to create a success wall, shelf or book case.

## My Success Form

---

### Directions:

Divide your life into three equal age periods (i.e., birth–15, 16–30, 31–45) and list three successes for each period on the spaces provided below. In the last section, list three successes you would like to have in the next five years.

#### First Third

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Second Third

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Third Third

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Next 5 Years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## 100 Successes List

---

- |           |           |
|-----------|-----------|
| 1. _____  | 26. _____ |
| 2. _____  | 27. _____ |
| 3. _____  | 28. _____ |
| 4. _____  | 29. _____ |
| 5. _____  | 30. _____ |
| 6. _____  | 31. _____ |
| 7. _____  | 32. _____ |
| 8. _____  | 33. _____ |
| 9. _____  | 34. _____ |
| 10. _____ | 35. _____ |
| 11. _____ | 36. _____ |
| 12. _____ | 37. _____ |
| 13. _____ | 38. _____ |
| 14. _____ | 39. _____ |
| 15. _____ | 40. _____ |
| 16. _____ | 41. _____ |
| 17. _____ | 42. _____ |
| 18. _____ | 43. _____ |
| 19. _____ | 44. _____ |
| 20. _____ | 45. _____ |
| 21. _____ | 46. _____ |
| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |



51. \_\_\_\_\_
52. \_\_\_\_\_
53. \_\_\_\_\_
54. \_\_\_\_\_
55. \_\_\_\_\_
56. \_\_\_\_\_
57. \_\_\_\_\_
58. \_\_\_\_\_
59. \_\_\_\_\_
60. \_\_\_\_\_
61. \_\_\_\_\_
62. \_\_\_\_\_
63. \_\_\_\_\_
64. \_\_\_\_\_
65. \_\_\_\_\_
66. \_\_\_\_\_
67. \_\_\_\_\_
68. \_\_\_\_\_
69. \_\_\_\_\_
70. \_\_\_\_\_
71. \_\_\_\_\_
72. \_\_\_\_\_
73. \_\_\_\_\_
74. \_\_\_\_\_
75. \_\_\_\_\_

76. \_\_\_\_\_
77. \_\_\_\_\_
78. \_\_\_\_\_
79. \_\_\_\_\_
80. \_\_\_\_\_
81. \_\_\_\_\_
82. \_\_\_\_\_
83. \_\_\_\_\_
84. \_\_\_\_\_
85. \_\_\_\_\_
86. \_\_\_\_\_
87. \_\_\_\_\_
88. \_\_\_\_\_
89. \_\_\_\_\_
90. \_\_\_\_\_
91. \_\_\_\_\_
92. \_\_\_\_\_
93. \_\_\_\_\_
94. \_\_\_\_\_
95. \_\_\_\_\_
96. \_\_\_\_\_
97. \_\_\_\_\_
98. \_\_\_\_\_
99. \_\_\_\_\_
100. \_\_\_\_\_

