

## Deep-Listening “If You Really Knew Me” Life Review

To prepare for our time together, reflect on some of your life’s experiences and key moments, and write them down. When we meet, each participant will present from this. Extensive research shows there is a marked difference in the value of a life review when it is written out beforehand. You may have previously completed a life review in your group so see this is an opportunity to go even deeper.

**Please be courageously vulnerable and include experiences you haven’t yet shared.**  
**“If you really knew me...”**

In addition, when you are listening to the stories of others, this is an opportunity for you to practice *deep listening* or *story catching*.

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### Branching Points in Your Life—Guidelines and questions to help you prepare

Think of your life as a branching tree or as a flowing river that has many juncture points. Branching points are events, experiences, or happenings in your life that significantly affect the direction or flow of your journey and shape you in some important way. They may be big events (e.g. first date, university choice, geographical move, marriage, children, family death, retirement) or they may seem small and apparently inconsequential (e.g. a conversation, a book, going on a hike). Big outcomes sometimes have small beginnings!

- What were some of the events, experiences, or interactions with people and places that have had a major influence or impact on the way your life has unfolded? Please be courageously vulnerable and include experiences you haven’t yet shared.
- About how old were you at the time of each branching point? Did you perceive yourself to be too young or too old for these events?
- Who were the important people involved in the branching point? Were you alone?
- What were the feelings you experienced at the time the branching point occurred? How intense were they?
- How much personal choice was involved in this branching point? How much control did you have, or did it appear to be out of your control?
- What are the ways your life was changed because of this branching point? How do you imagine your life might have been different if it had not occurred?

*“We must have been good travelers to have gotten this far.”*--Dr. James Birren