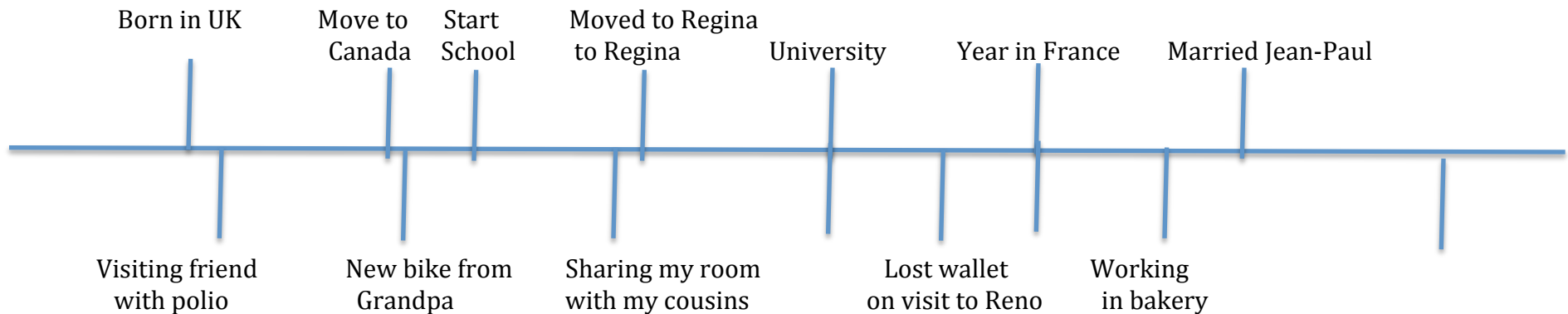


1. On a horizontal line, identify **significant events** in your life – or a part of your life. Common events such as;

- Starting school
- Leaving Home
- First job
- Getting married
- Major moves
- Having kids

2. Below the line indicate **specific scenes** that have left a strong emotional or sensual memory.

Example



3. Use any of the ‘germs’ from the second level to do short writing sprints – anything from three to ten minutes, using Natalie Goldberg’s Writing Practice rules

Some of the best scenes from below the line to work with are:

- Those that elicit a strong emotional reaction – fear, excitement, resentment, anger, grief, etc.
- Scenes and memories that you can recall or conjure sensual detail – sight, hearing, taste, touch, smell...
- Those that involve other people.
- Memories with conflict – either internal or external

4. While the top line of the Lifeline may be static, working with memories or scenes on the bottom line might generate new memories or anecdotes to add and to work with.