

## I Am

1. Read the example (below) silently.
2. Let your attention be soft, allowing the pen or pencil to record thoughts without judgments as to what is written or what it may mean.
3. Write a similar “I am” history including anything that you might feel like saying with emphasis that expresses a part of you and is real to you.
4. Think about whom you would be able to show it to.

### Example:

I am Maria.

I am intelligent.

I am attractive. I am creative. I am nurturing. I am caring.

Sometimes I'm a caretaker but I'm working on changing that.

I am independent.

I am the child of an alcoholic.

I am the grandchild of courageous people.

I am a pretty good cook.

Sometimes I am lazy. Sometimes I am driven.

Sometimes I push myself too hard but I'm working on that too.

I am sensual.

Sometimes I'm scared.

Sometimes I am very brave. . .