WORKSHEET 11.3

Your Future Chapter

Directions: Think about your life as a book that is being written. Books are made up of chapters. You have already divided your life into different chapters that brought you to therapy, as well as the chapter that includes what is happening today. Now you are asked to name and describe the chapter that represents what you are working toward, what you believe will be your future. How would you title that future chapter? Then, as before, offer a brief summary of the key figures you think will be part of that next chapter, along with some of the key themes and experiences, to help me understand the title of the next chapter and why it resonates for you.

Chapter Title:

Key characters

Important events

Significant themes