

## 1<sup>st</sup> Memory - Homework assignment

1. Think of the earliest memory that you have - the very first moment / experience you remember. When you've got one in your head and have played through it in your mind a few times, move to #2.
2. Write down this memory in as much detail as you can... When you write it down, write it as if you were simply telling the memory like a story to another person – don't worry about telling the story in your most eloquent prose. At the same time, make sure to include all details that you remember, even if you feel that some are insignificant, including what happened, what you saw, where you were, who was there, what was going through your mind, etc. Also try to capture the emotion(s) present in the memory (or lack thereof). Finally, think about the perspective of the memory. Are you remembering this experience through your own eyes, or are you looking at yourself from a 1<sup>st</sup> person perspective? Or is it mixed?
3. Go through this process one more time, thinking of your 2<sup>nd</sup> earliest memory (or another memory that you feel is one of your very first).