

## Tools for Inspecting Your Fences

By themselves, memories pass quickly...But when that memory has consequences, it becomes a life story. It's those *consequences*, the connections between the incidents and the result that make the memories useful.

~Dr. Phil McGraw

1. List your defining moments: then describe each defining moment in one brief paragraph. (Note: defining moments are those that stand out to us because of their significance in molding our self-esteem.)
2. Write a paragraph to describe the long-term residual effect of that defining moment.
3. Review your interpretation of and reaction to the defining moment. Decide whether or not you believe your interpretation was and is accurate or inaccurate.
4. Write down whether this is something that you think you should keep or reject with regard to your concept of self. Include one paragraph as to why.
5. Reviewing these defining moments as a whole, what has been the bottom line effect on your concept of self, having lived through them?

Questions from *Self Matters* by Dr. Phil McGraw