

# 22 Life Story

*RecordCall, can easily be used to create your life story. It's really simple, all you need to do is talk, and then you will end up with a series of voice files that can be modified, deleted, repeated. You control the final result. Listen to it, change it and focus on getting the life story, that you will really be happy with... Take your time. Think about your past. Mostly think about who you are today and how you got that way. Maybe you want to focus on a certain relationship, maybe a certain theme...or maybe a feeling that has persisted for years. Consider examples before beginning to record. Loving mom who worked all the time, no dad. Never really got over lonely childhood. Love my life, love my dog, love my kids. No room for a guy. Finally sober. Exhausting journey. Many regrets. Beautiful, close family. And then the accident. Fears and phobias finally overcome, thanks to husband.*

*Still not sure if RecordCall, can easily be used to create your life story. It's really simple, all you need to do is talk, and then you will end up with a series of voice files that can be modified, deleted, repeated. You control the final result. Listen to it, change it and focus on getting the life story, that you will really be happy with...Take your time. Think about your past. Mostly think about who you are today and how you got that way. Maybe you want to focus on a certain relationship, maybe a certain theme...or maybe a feeling that has persisted for years. Consider examples before beginning to record. Loving mom who worked all the time, no dad. Never really got over lonely childhood. Love my life, love my dog, love my kids. No room for a guy.finally sober. Exhausting journey. Many regrets. Beautiful, close family. And then the accident. Fears and phobias finally overcome, thanks to husband. Still not sure if I deserve him. Your Crucial Incident (or Incidents) What to say.*

*Don't bother with grammar.*

*Just say: I was just a kid, but...*

*Just say: I tried my best and...*

*Just say: In that moment everything changed.*

*Just say: It was shocking to find out that.. Just say: : It was the proudest day of my life. I couldn't stop smiling when...deserve him. Your Crucial Incident (or Incidents) What to say, don't bother with grammar*

*Just say: I was just a kid, but...*

*Just say: I tried my best and...*

*Just say: In that moment everything changed. Just say: It was shocking to find out that.. Just say: : It was the proudest day of my life. I couldn't stop smiling when... Sometimes we avoid the most obvious and complicated events that have happened to us, events that inform our whole life story. Here are some examples: Say, I'd like to really understand everything that led me to marry Blake. He was so wrong for me and I don't want to make another mistake.*

*I would like to really understand everything that led me to choose architecture as my life's work. Did it have to do with the way we lived when I was growing up? Say, I'd like to really understand everything that led me to become such a good mom, considering I had no role model. Say, I'd like to really understand everything that led me to never get along with my stepmother. Now that she's gone I realize what a good person she was and how she tried to have a relationship with me. Try to make the Life Story once. Try to make the Life Story, as many times as it takes to satisfy you.*