

## **Turning point activity\***

### **Part one - 5 minutes**

- *Choose a partner for the exercise.*
- *Reflect and share with your partner. Leave sufficient time for both to share.*

In looking back over your life, it may be possible to identify certain key moments that stand out as turning points – episodes that marked an important change in you or your life story.

Please identify a particular episode in your life story that you now see as a turning point in your life.

(If you cannot identify a key turning point that stands out clearly for you, please describe some event in your life wherein you went through an important change of some kind. Again, for this event please describe what happened, where and when, who was involved, and what you were thinking and feeling. Also, please say a word or two about what you think this event says about you as a person, or about your life.)

\* From: McAdams, D. (1995) The Life Story Interview.

<https://sites.northwestern.edu/thestudyoflivesresearchgroup/instruments/>

**Turning point activity**  
**Part two - 5 minutes**

*Reflect on these questions and discuss with partner.*

**Storyteller**

What feelings did sharing your story evoke?

How comfortable were you with sharing your story?

**Story Listener**

What feelings did it evoke to hear someone else's story?

What was your reaction to hearing your partner's turning point story?