

Early Music Memory Exercise

Choose a song that evokes a memory related to your early childhood or adolescence.

Describe what you see in the memory focusing on your experience THEN. How is the song connected?

What feelings do you experience within this memory? What words from the song have meaning?

What strategies did you use to manage emotions/change THEN?

How are the strategies and feelings different or the same in your life NOW?

How does the song make you feel/think when you hear it/think of it today?

Rewrite the memory as you wish it could have happened. How would you change your response, the circumstances, and the other people (if any present in your memory)?

How would this make your life better/different?
