

Drawing Out Your Memories

- A. Draw a floor plan of your childhood home to trigger early memories
1. It doesn't matter if you moved often - - choose an early home where you remember living
 2. Or choose some other space you remember well and spent time in, such as your grandmother's house
 3. You don't have to be an artist or an architect; the floor plan does not have to be to scale; it does not need to be complete
- B. Draw what you remember
1. Start where your strongest memories are
 2. Don't stop with walls and windows and doors; draw in furniture, appliances, television, radio, telephone, hifi
 3. Think of all the spaces you occupied, including front and back yards, attics and basements, storm cellars, garages
- C. Let the memories flow
1. Think about family celebrations, sibling rivalries, who hogged the bathroom
 2. Remember old-fashioned activities involving the telephone, radio, television, what programs were enjoyed
 3. Remember people in the household; who sat in the big overstuffed chair in the corner?
- D. Recording your memories
1. Write a number on your floor plan each time you discover a memory there and jot down a few words or a phrase about the memory to come back to and write about in more detail
 2. As you draw, think of the phrase, "This is where we . . ."

3. Jot down the street address if you remember it, the city and state, and the dates your family lived there

E. Dealing with unhappy memories

1. Not all memories are happy ones. Determine if you are able to write about the troubling memories. If not, concentrate on drawing parts of the floor plan that are less upsetting
2. Where there rooms or parts of the house that you were forbidden to enter? Why?
3. Were there areas of the yard, or garage, or neighborhood, that were off-limits? Why? What memories are associates with these forbidden spaces?

F. Conclusion

1. Review the memories you have discovered and notice if certain memories are tied to specific locations within the house or yard
2. Write in detail about the memories you have listed. Writing about one remembered thing may trigger other memories
3. Draw floor plans for other important spaces in your life and discover even more memories!