

Motherless Daughters

Telling Your Story

As we begin, it is important to tell our story of mother loss and listen to each other. This will be your opportunity to begin to share with your Sisters-in-Christ.

Instructions:

1. You are asked to complete the following sheet of paper and bring this with you to the first group.
2. Please put your **name** on the top of the paper.
3. In the upper left quadrant, identify your **unique experience of mother loss**. Be sure to include:
 - How old you were when you experienced mother loss?
 - How many years ago did you experience mother loss?
 - Your story of mother loss.
5. In the lower left quadrant, tell us what brings you to this class at this time.
 - **Why did you decide to sign up for this class?**
 - What are your **expectations** for this class?
 - What **fears** do you have about taking this class?
6. In the upper right quadrant, identify **other life experiences** that you have had that have shaped who you are today.
7. In the lower right quadrant,
 - List your personal **gift(s)** that you bring to this class.
8. You will be asked to transfer your written sheets to a large sheet of paper in the class.
9. If you have access to flip chart paper and would like to do this ahead of time, just bring this completed sheet with you.
10. If not, you will be provided with paper and given a short period of time to transfer your information in class.
11. You may want to highlight phrases or bullet points of your information to fit within the quadrants on the large sheet of paper.
12. You will be asked to hang your paper as you introduce yourself by talking about what you have written on your paper. You will have 3-4 min. to introduce yourself to the group. Please be prepared to share within this time limit.

Name _____

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Be sure to include:

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- How many years ago did you experience mother loss?
- Your story of mother loss.

In the upper right quadrant, identify **life experiences** that shaped who you

In the lower left quadrant, tell us what brings you to this class at this time. class.

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