

## DEVELOPING A THEME

As you write your Autobiographical Essay, try to tie your experiences together with a common thread. This "thread," or theme, will reflect the uniqueness of your life. As you look over your responses for each period of your life (that you discussed in the previous worksheet), is there a major theme or focus, that stands out? For example, some people use the theme of "change" as the theme that connects their Autobiography from transition to transition. Others use a metaphor to tie their lives' events together; for example, one person used the image of a tree to describe his growth and development.

**As you develop your theme, ask yourself:**

- 1. What ideas, or experiences seem to reoccur in my life?**
- 2. What have I learned from these experiences as a group?**
- 3. What have these experiences contributed to me as a person?**
- 4. How have they shaped my ideas, or emotions?**
- 5. What, or who, has contributed to the most important changes in my life?**