



Radical Forgiveness

CREATING A KEYHOLE INTERVIEW

Take a yearly inventory of your life from birth to present time, making note only of significant events in each year (i.e., deaths, moves, painful disruptions to your life, marriage, divorce, job/career changes, serious illness or injury, etc.).

It might look like this:

1956	I was born to single mother who was an alcoholic
1957	Mother married Bill
1958	Grandfather died; grandmother moved in with us
1959	Bill left mother
1960	Mother lost job; attempted suicide
1961	Grandmother placed in nursing home; entered Kindergarten
1962	Mother married Peter; got first bike for my birthday
1963	Grandmother died; Mother and Peter bought house; moved
1964	Peter molested me
1965	Peter continues molesting me
1966	Mother has Peter arrested; blames me

Do not go into a story about each event; just list it and move on. Be sure to include only key incidents and include both positive and negative situations. Each year only needs 1-2 lines—no more than that.