

When I was eight, my father sent me to summer camp. He wanted me to be like other children. But before that could happen, I had to learn to do things by myself. My bunkmates laughed at me until I learned how to tie my shoes, wash myself, make my bed, fold my clothes. My mother and grandmother had kept me helpless and dependent. My first summer at camp was painful, but it changed my life.

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Whose memory is it?

List three painful memories.

1. _____
2. _____
3. _____

Imagine a character below recalling one of your memories as though it is his or her own. Set your timer for five and go.

a shoplifter a college sophomore a horse trainer
a holistic healer an eighth-grader a wealthy widow
a retired engineer a clown a blind man

Continue choosing characters and writing five-minute exercises until the memory seems less painful.

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