

## Preparation for G276 — Before and After

Make a list of major changes that have occurred in your life—ones that you really noticed at the time. These can be chosen events such as marriage or unforeseen events such as a car accident. Pick four of the changes that are most significant to you and select a few of the following questions to answer about each of these changes.

1. Is there anything that surprises you about your entire list?
2. How did your four major changes change you?
3. What were the positive and/or negative consequences of these changes?
4. Tell how you're different because of them.
5. Which changes were permanent? Temporary?
6. What are the differences between events that you caused and those unexpected events that just happened to you?
7. Choose one changing event and have your “before self” write about your “after self” and vice versa.
8. Where do you see before and afters in your everyday life today?