

# Story of me



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Center for Psychotraumatology

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**Deaconess  
Foundation**



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AND INTEGRATION FUND**

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# INFORMATION ABOUT ME



Name

Date of birth

Nationality

Native language / languages, I use

Ethnic background

Religion

Guardian /-s

## GETTING TO KNOW ME

ME



My name means

This is the way I am and the way I think

In these things I am good at

These are the things I need help with

Things I worry about

I can tell about my worries to

When I am really worried, it helps me when I



My responsibilities in my family are

These are the things I can decide about myself

My loved ones think I am

How did working on this part make you feel?



# TIMELINE



Mark on this timeline the most significant events, the good and the bad memories

A large, empty white rectangular area intended for drawing a timeline.



How did working on this part make you feel?

# MATERIAL POCKET



## SYMPTOMS

memory problems / forgetfulness

sickness / pain

substance abuse problems

difficulties concentrating

agitation

insomnia

nightmares

anger

irritation

feeling blue / hopeless

learning disabilities

crying

anxiety

feeling scared

feeling helpless

gambling addiction

disabilities

loss of sexual desire

obsessive compulsive symptoms

## BODY SCALE

Name the physical experiences you feel in your body.  
You can use the picture to mark the areas  
you feel pain and / or have injuries



# MATERIAL POCKET

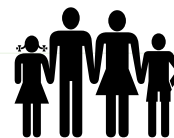


## MY HOME COUNTRY / COUNTRIES, I USED TO LIVE IN



My home, where I used to live with my family

My family members were



My friends were



My duties were

The school, I used to go to



My former job



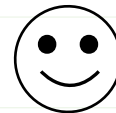


My hobbies were



Bad memories were

The best moments were



How did working on this part make you feel ?





## THE JOURNEY TO FINLAND



I left my home country, or the country I used to live in

The items I took with me on the journey

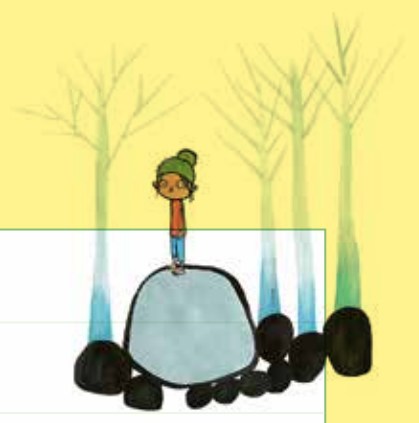
The things I miss from my home country



The people who helped me and my family  
on our journey to Finland

The things that made me feel safe

Finish the sentence  
My saddest memory is...



My scariest memory is...

My happiest memory is...

My funniest memory is...

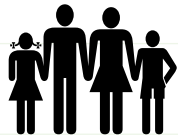
How did working on this part make you feel?



# MY TIME IN FINLAND



My first memory about Finland



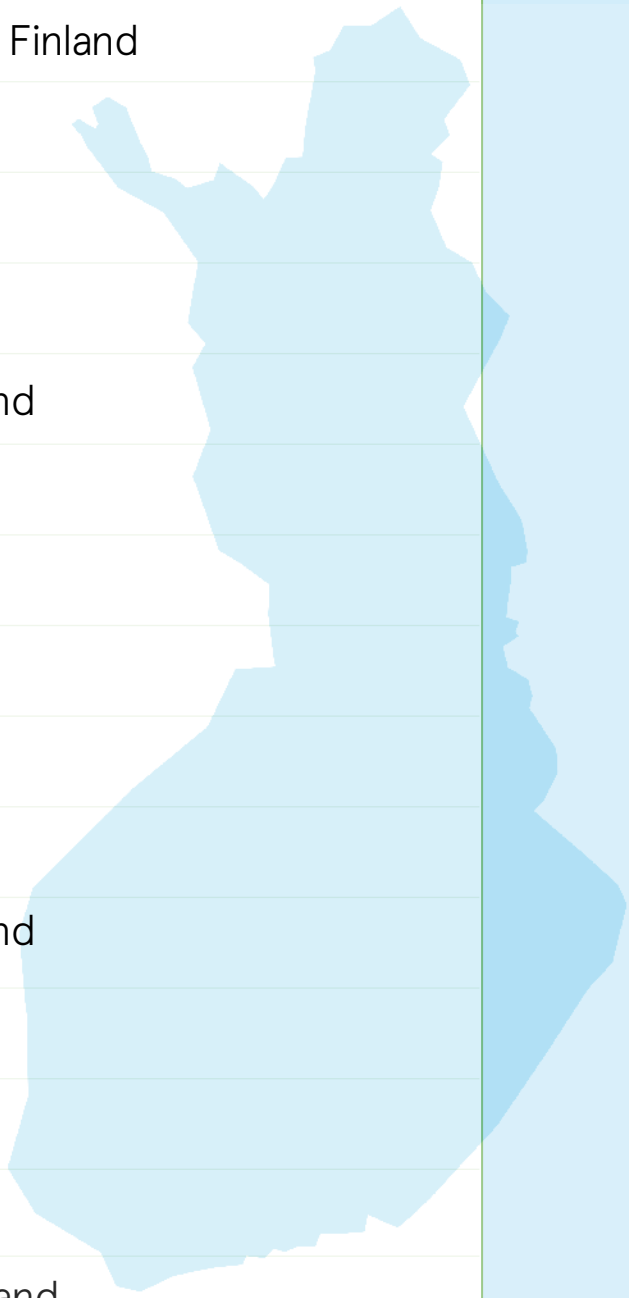
My family in Finland



My home in Finland



My friends in Finland





These are the things I do not like in Finland

These are the things I like in Finland



I am worried about these things in my family at the moment

The things that are well in my family

Finish the sentence  
I do not like when...

I am scared that...

I am sad, because...

I like it when...

I am happy when...

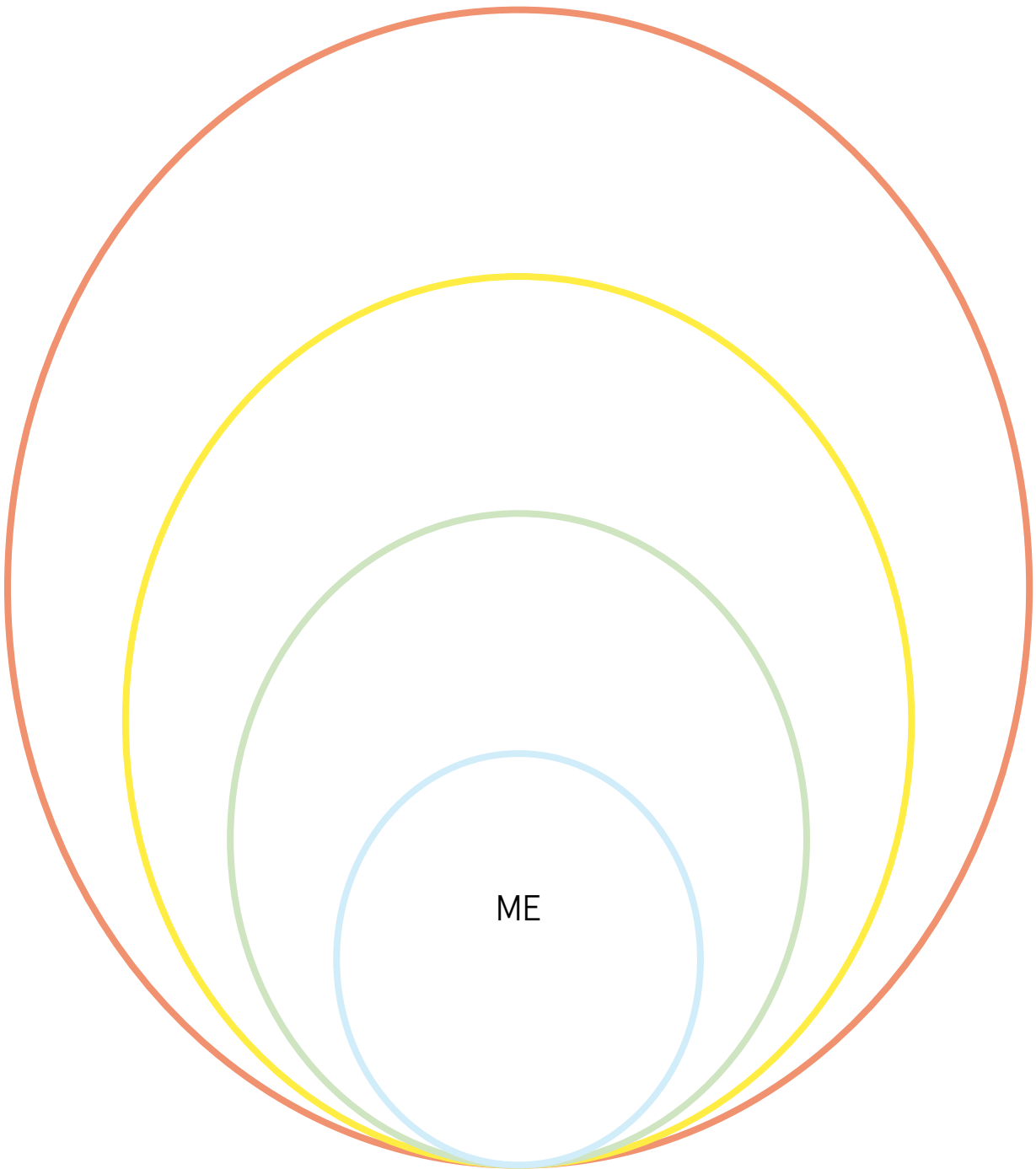
I hope that...

How did working on this part make you feel ?



## IMPORTANT PEOPLE IN MY LIFE

First write your name to the circle in the middle.  
Then start writing your loved ones names to the  
circles around your name. Start from the person  
you feel is the closest to you.





## MY SCHOOL

My favourite school subjects

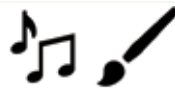
I get help at my school from

Bad things at my school

Good things at my school



My hobbies



Hobbies, I would like to try

My dream profession



How did working on this part make you feel?





## THE FUTURE



At this moment I am grateful for

Things, that make me feel safe

Next year I will be

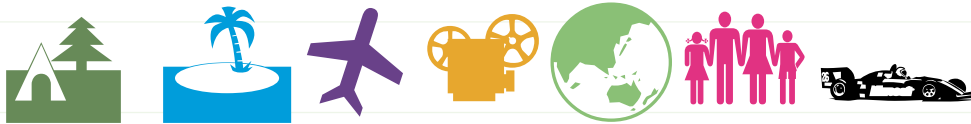
The best thing, that could happen to me in the near future

In five years, I see myself

## MAKE YOUR OWN DREAM MAP

Cut pictures and words you find important or dream about from a newspaper. Then glue the pictures to a cardboard and write keywords to yourself.

Look back regularly at your dream map and remember your goals, your values and your dreams.



How did working on this part make you feel ?



Topics, I would like to discuss more about

relationships      dating      sexuality

birth control      starting a family      circumcision

alcohol / narcotics      life philosophy / religion

the meaning of family honour / shame

relationship with my parents      social media

independence      own apartment      finances

(summer) job      studies

Other topics

# **MATERIAL POCKET**



