

Treasures That Matter:
A Therapist's Guide to Asking the Right Questions

An evidence-based writing method for self-discovery, growth, and healing

*Once upon a time...*each of us has a zillion stories to tell. Dazzling stories. Ordinary stories. So many stories. So many treasures that matter. We tell them over and over. We believe them to be our truth. Maybe there is the rest of the story to remember—the moment of kindness in an otherwise awful breakup, the new life path discovered when all the doors closed. Take another look. Write the whole story. Tell more of your story than you noticed before.

As therapists, we listen to and tell stories all day, every day. The gift of *Treasures That Matter* is hundreds of questions for any therapist, written by a forever psychologist, to give to your clients, to imagine and consider in seeking, searching, and finding a choice-full life. And for the psychologically curious among us and within us, choose and write to the prompting question that makes you noisy inside to take you on your amazing inner journey.

Fifty themes with questions and prompts to write about—maybe the rules of your life, you surely have more than you thought; living a big life or a small one; happy birthday, the real and the wished for; first and lasts, we usually know the first but not the last; treasures that matter, a person, an experience, a thing—swoop into noticing, seeing, and remembering who you were and are and might be. Read your stories out loud to your therapist. Experience your story with kindred people. Be amazed by what might be, what matters to you, now.