

Topics for Autobiographical Narratives

Moments of enlightenment or coming to knowledge

understanding a complex idea for the first time, recognizing what is meant by love or jealousy or justice, mastering a complex skill, seeing some truth about yourself or your family that you previously hadn't seen

Passages from one realm to the next

from innocence to experience, from outsider to insider or vice versa, from child to adult, from novice to expert, from what you once were to what you now are

Confrontation with the unknown

with people or situations that challenged or threatened your old identity or values

Moments of crisis or critical choice

moments that tested your mettle or your system of values

Major choices

about the company you keep (friends, love interests, cliques, larger social groups) and the effects of those choices on your integrity and the person you project to the world

Problems with people

problems maintaining relationships without compromising your own growth or denying your own needs

Problems accepting limitations and necessities

confronting the loss of dreams, the death of intimates, or the failure to live up to ideals

Contrast between common wisdom and your own unique knowledge or experience

doing what other people said couldn't be done, failing at something others said was easy, finding value in something rejected by society, finding bad consequences of something highly valued