

# The Purpose of Life Story

- Enable the child to understand and accept their history and not feel overwhelmed by it;
- To give a realistic account of early events to dispel any fantasies or misconceptions that the child may have;
- To build the child's sense of identity, self-esteem and self-worth;
- Integrate the present into the past and it should give the child a sense of a positive future;
- To acknowledge the separations and losses the child has experienced;
- Be something the child can return to when they need to deal with their feelings and clarify and/or help them to accept their past;
- To enable the child to be able to share their past with their new family so that carers/family have understanding and develop empathy for the child.
- To enable the child to develop a sense of security and permanency.
- To help the child's new family to promote awareness and attachment.

