



CATEGORIZING STORIES

Creating well-crafted and engagingly delivered stories is a critical conversation skill. This categorized list of subjects was compiled to help you organize your personal stories that are in memory or what may be experienced in the future—fun, exciting, interesting, and meaningful moments, as well as sad and frustrating occasions that you think would be of interest or helpful to share with others. Without creating such a list, these types of stories may only come to mind when prompted by a familiar association.

We suggest that you organize your list of stories in a computer document file, noting each category listed below as a heading. As stories come to mind over the next few months or however long it takes, note just enough about each story to later prompt your memory. Add more categories, if necessary. You can then review your brief reminders about each story frequently enough, maybe once a day, and by doing so, enhance your ability to share them in conversation, when fitting, without having to rely on associations.

Good stories contain specific characters and details to paint vivid word-pictures. However, please do not list stories that could be misconstrued as gossip or sarcastic in nature.

- ☐ Accidents
- ☐ Accomplishments
- ☐ Animals
- ☐ Anniversaries
- ☐ Art
- ☐ Awards
- ☐ Battles
- ☐ Birthdays
- ☐ Births
- ☐ Boats/waterways
- ☐ Books
- ☐ Businesses
- ☐ Childhood
- ☐ Children
- ☐ Chores
- ☐ Clothing
- ☐ Crafts
- ☐ Crimes
- ☐ Decorations
- ☐ Drinks
- ☐ Elderly
- ☐ Employment
- ☐ Events-coming up

- ☐ Events-new
- ☐ Events-unusual
- ☐ Exercise
- ☐ Family
- ☐ Foods
- ☐ Friends
- ☐ Funerals
- ☐ Furniture
- ☐ Games
- ☐ Graduations
- ☐ Grandchildren
- ☐ Health
- ☐ Helpful ideas
- ☐ Historical events
- ☐ Hobbies
- ☐ Holidays
- ☐ Houses
- ☐ Illnesses/allergies
- ☐ Investments
- ☐ Media
- ☐ Medical advances
- ☐ Military
- ☐ Money

- ☐ Movies
- ☐ Music
- ☐ Newsworthy
- ☐ Photographs
- ☐ Plants
- ☐ Politics
- ☐ Products-new
- ☐ Restaurants
- ☐ Sales
- ☐ Seasons
- ☐ Services
- ☐ Spiritual/religion
- ☐ Sports
- ☐ Suffering-others
- ☐ Surgeries
- ☐ Technologies
- ☐ Tragedies
- ☐ Travel
- ☐ Transportation
- ☐ Tattoos
- ☐ Vehicles
- ☐ Weather
- ☐ Weddings