

Autobiographical Incident Writing

DIRECTIONS: Use the checklist below to see if your essay meets the criteria for being an autobiographical incident essay.

- The essay centers on one well-told incident
- The essay includes names (of people, objects, quantities, numbers)
- The essay includes sensory details/imagery
- The essay includes specific narrative actions
- The essay includes dialogue
- The essay reveals what you are thinking during the incident
- The essay expresses your feelings or insights you had during the incident
- The essay includes suspense or tension.
- The essay includes an element of surprise
- The essay includes a comparison or contrast to other scenes, people, or similar experiences
- The essay includes background or context for the incident
- Through tone and style, the essay conveys how you feel about the incident.
- The essay conveys what kind of incident it was (funny, sad, frightening, etc.)
- The essay reflects on the moral or message of the incident

