

Starters for Personal Stories collected by Marty Alan Michelson, Ph.D

Once a palm reader told me...

Once I accidentally ate...

Once there was a bird nest...

Once, at a car wash...

Once I was making a needlepoint...

Once I was laughing so hard that...

Once, at a wedding...

Once, during a job interview...

Once, in a crowded elevator...

Once, when I was allowed to go home early from...

Once, on the last day of school...

Once I glanced in my rearview mirror...

Once I was totally unprepared to...

Once, I was in trouble with my parents...

Once I had a substitute teacher...

Once I couldn't resist touching...

Once, when I was fooling around in class, the teacher called on me...

Once I tried to jazz up...

Once I played hooky...

Once I walked in on...

Once I slept...

Once I was skateboarding...

Once I had to slam on the brakes when...

Once, in the ninth inning...

Once, I was walking my dog...

Once put, in the dryer...

Once I floated...

Once felt completely helpless when...

Once I was the star of the show when I...

Once I was paying close attention to...

Once I had a ___ for a keepsake...

Once I was in a parade...

Once I saw, out of the corner of my eye, what I thought to be...

Once I bet on...

Once I tried to collect on a guarantee...

Once nobody recognized me...

Once my luggage...

Once I tried to fix...

Once I was second-guessed by...

Once I participated in a group effort to...

Once a man selling ice cream...

Once I brought home a souvenir...

Once I had to rescue...

Once ___ accidentally opened and...

Once, to meet a deadline...

Once a clerk gave me too much change...

Once I had a pet...

Once I wrote a letter to...

Once, after my eyes had been dilated at the doctor's office...

Once I was chased by...

Once, while waiting at a bus stop...

Once I fell out of a tree...

Once I got spanked because I...

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Once, at a gas station...

Once I read in the newspaper...

Once, on the side of the road, I saw a turtle that had...

Once I discovered I had a hole in my pocket...

Once, while brushing my teeth...

Once I was stranded...

Once I realized I didn't have a cent when...

Once I pulled a practical joke on...

Once I knew I wasn't supposed to overhear...

Once ___ exploded in the microwave oven...

Once I missed...

Once I forgot the words to...

Once I began to tremble when...

Once my mind went totally blank just when...

Once, when I was leafing through an old book...

Once everyone applauded when I...

Once, when I was on a hayride...

Once I predicted...

Once a stranger gave me the 'creeps' when...

Once I accidentally spilled...

Once I bounced...

Once I took a picture of...

Once I was lost in an amusement park...

Once, when I was in grade school, I...

Once, in the middle of the street...

Once I came in last place for...

Once I dreamed I was able to fly...

Once, while sitting in the grandstand...

Once ___ landed in my lap....

Once I ached all over after...

Once my brother/sister talked me into...

Once I played the (musical instrument)...

Once, on New Year's Eve...

Once, at a rodeo...

Once I realized how much I'd grown when I tried to...

Once I was elected to...

Once I tried to convince...

Once, on impulse...

Once, I broke the window...

Once, when I was chewing bubble gum...

Once, in a taxicab...

Once I broke a mirror...

Once I got a splinter in my...

Once I was stung by...

Once I was late for work because...

Once I wanted to go home...

Once I partied all night long when...

Once, off the beaten track...

Once I tried to salvage...

Once, when I was holding a baby...

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Once the anticipation was just too much to bear when...

Once I brought home to parents...

Once I was behind a truck on the highway when...

Once I had a flashy...

Once, lying on my back in the grass, I saw clouds that looked like...

Once I felt claustrophobic when...

Once my umbrella flew inside out...

Once I went to see...

Once, while waiting for a connecting flight in a strange airport...

Once my mother told me...

Once, when a new house was being built...

Once, when I was going through a tunnel...

Once I had to defend myself...

Once I felt sick to my stomach when I saw/heard...

Once, when I was in a spelling bee, I...

Once I had a collection of...

Once I got tangled up in...

Once, in my pocket I found...

Once I felt special when my son/daughter...

Once I got exactly what I wanted...

Once I fell asleep...

Once I drank...

Once, when the party was over...

Once I ran into a long-lost friend at a...

Once I couldn't focus...

Once, on my mother's birthday...

Once my ___ melted...

Once I decided to take a big risk when I...

Once I painted myself into a corner...

Once I didn't think I could lose when...

Once I pulled and pulled and pulled and couldn't find the end to...

Once I went to a carnival...

Once it was there and then it was gone...

Once my parents °grounded me...

Once, for a wild Friday night, I...

Once I didn't mean to offend...

Once I was sent to my room...

Once I spotted, sitting in the corner...

Once, when I was driving my parent's car...

Once I staggered...

Once I Idea using reverse psychology to...

Once the phone company...

Once I lived near...

Once I accidentally put the ___ in...

Once I was quarantined because...

Once I saw a sunrise...

Once I was followed by...

Once I had to spend Christmas away from home...

Once I had to give a speech...

Once I lost my keys and...

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Once, when I felt adventurous...

Once I had a ring...

Once, when I was playing cards...

Once I heard ___ coming from the apartment above me...

Once, when I was learning to drive a stick shift...

Once my mother made me...

Once I fell in love with...

Once I helped a woman in distress...

Once I was at ___ when someone in the audience...

Once I climbed a tree...

Once I had a diary...

Once, while drinking a cup of coffee...

Once I needed all my strength to...

Once I felt so little...

Once I pulled up...

Once everyone fell silent when...

Once I received really good news that...

Once I had a lot farther to go before I could...

Once I had to guess...

Once I had a go-cart...

Once I tried to make a ___ but unfortunately it...

Once a tree had fallen across the road...

Once I followed a fat and...

Once I was bitten by...

Once I heard a parrot say...

Once, when I was doing the dishes...

Once I fainted...

Once the heel of my shoe fell off...

Once I had a real bugaboo about...

Once I really pleased my mother when I...

Once I had to sing...

Once, while meeting my date's family...

Once I heard footsteps...

Once I survived...

Once I was really bewildered when...

Once I thought I was seeing double when...

Once I took a Greyhound bus to...

Once I bought ___ that was just one inch too short...

Once I was the lookout for...

Once I had to make a choice between...

Once I went swimming...

Once I told a whopper of a story...

Once I had way too many...

Once I thought I was in big trouble when...

Once I wasted a lot of money on...

Once, with a pair of scissors...

Once I uncovered...

Once a teacher embarrassed a kid in the class...

Once, while I was playing computer games...

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Once my cat ruined...

Once I used chewing gum to...

Once a symphony...

Once I broke the rules when I...

Once I took a bath/shower...

Once, when I was up in the attic...

Once, after school...

Once I went on a scavenger hunt...

Once I opened the door and was shocked to see...

Once I fixed my friend up with...

Once I went to Kansas...

Once, when I tried to set off a firecracker...

Once, as a gag, I pretended I was...

Once, when I was in a stuffy room...

Once ___ exploded all over the...

Once, when my parents were out of town...

Once I bought an outrageously expensive...

Once, in our school play...

Once, at a drive-in movie...

Once I passed up a terrific opportunity to...

Once a black cat ran across my path...

Once, when I decided I needed a change in my life...

Once I had to change all of my clothes when...

Once I was in a department store...

Once, to lose weight, I...

Once I traveled first-class...

Once the electricity went off and...

Once, while doing a good deed...

Once my skirt...

Once I lifted the back of...

Once ___ came tumbling down...

Once I needed a crank to...

Once I rode a horse and...

Once I felt like Prince Charming/Cinderella when...

Once I broke a mirror and my streak of bad luck began with...

Once I got a phone call in the middle of the night...

Once, when I least expected it...

Once, when I was sitting in my car at a stop-light...

Once, over a long weekend...

Once I was really confused when...

Once, while sitting under a tree..

Once I had to catch my breath...

Once I got hit by...

Once the cafeteria at school...

Once I was overwhelmed by the fumes of...

Once, when I sneezed...

Once I was part of an assembly line...

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Once I had to sit through an entire...

Once a waiter delivered my food and in it...

Once I went to the emergency room...

Once my mom packed in my lunch...

Once I took a ride in the country...

Once I received an award for...

Once, when I was going down the stairs...

Once I had a car accident...

Once, at a rest stop along the highway...

Once I charmed my way...

Once I got sick...

Once my dad surprised me when he...

Once, when I was singing in the shower...

Once, when I was in a strange mood, I...

Once, when I was feeling rich...

Once I resorted to using a sledgehammer...

Once I collided...

Once, when I was learning to...

Once I played a game of...

Once I participated in a demonstration of...

Once, right before my guests were supposed to arrive...

Once, early in the morning...

Once I tried so hard to open ___ that...

Once, just after having my hair done...

Once I followed my own sense of direction and...

Once I couldn't get my hands clean because...

Once I stubbed my toe...

Once I was chosen for...

Once I had a hunch that...

Once I used lipstick to...

Once I took lessons in...

Once I made a lot of money on...

Once, when I was grocery shopping...

Once I had to get a uniform for...

Once I left the freezer door open...

Once, in the middle of nowhere...

Once I tried to sit inside...

Once I felt like a dummy when...

Once I used to collect records by...

Once, on a deserted country road...

Once I had a job at...

Once, when I was in a movie theatre...

Once I saw a reflection of...

Once, when I was riding on a motorcycle...

Once, of the prom...

Once ___ was all knotted...

Once, when I was a kid, I went by myself on the bus to...

Once my father thought he was still young when he...

Once I lost my swimsuit when I...

Once, on a dock...

Once the top flew off of...

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Once I slapped...

Once I looked out my window...

Once I was toasting marshmallows over an open fire when...

Once I couldn't stop grinning when...

Once I did a magic trick and, believe it or not...

Once I hit a home run...

Once, for a science project, I...

Once, in the garage, I found...

Once I couldn't resist laughing when...

Once I tried to straddle...

Once, while relaxing with the family...

Once I missed the school bus...

Once I thought there was a fire...

Once, when nobody was looking...

Once I had breakfast...

Once I had my fortune told...

Once I got covered with mud when...

Once I got sunburned...

Once the engine gave out on...

Once I couldn't fit through...

Once I was walking down a deserted street when...

Once my brother/sister got me in trouble...

Once I heard someone call out my name and turned around to find...

Once I was juggling...

Once I shot an arrow...

Once, when I was at a baseball/softball game...

Once I got an electric shock...

Once in my bed I found...

Once I had the measles...