



HOW TO WRITE YOUR STORY

“The unexamined life is not worth living.” - Socrates

*“Choosing to engage our stories takes a great deal of courage.
How much easier it is to just let life happen to us.”*

- Dan Allender

*“You either walk inside your story and own it or you stand outside your
story and hustle for your worthiness.”*

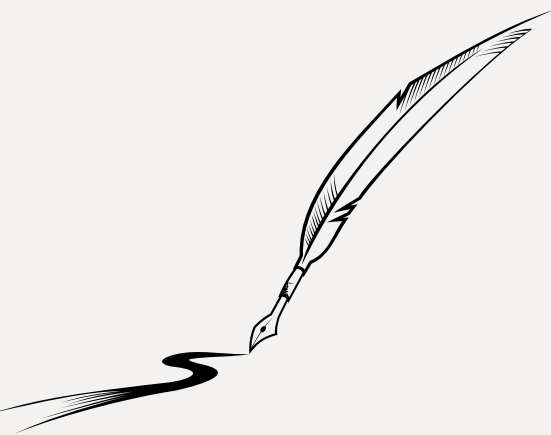
- Brene Brown

Who we are today is deeply shaped by the events that have happened to us and how our minds and bodies responded to them. Being able to engage with our stories with curiosity and compassion in the presence of others can provide insight, awareness, and healing.

Our stories can impact us in obvious ways and also in more subtle ways that can be revealed in the telling and processing of them.

How to begin

The following pages have some thoughtful prompts that will help you weave your story together. Find a comfortable spot, grab your favorite beverage or snack and be prepared to feel what comes up as you write.



Get curious - How do you feel about writing some of your life's stories? *Anxious, eager, excited, overwhelmed, scared, grateful?* All of the emotions that may show up are welcome and valid. We honor them.

Start with a dedication

Who is this story dedicated to? Some examples include your inner child, your younger self, or the parts of you that need to be seen.

At any point, whether you're still in the process or finished, I invite you to share these stories with safe loved ones or a therapist or coach. Your stories deserve to be heard and witnessed by others ... but most importantly by YOU.

AGE

What are some of your earliest memories? What was grade school like for you? High school? College or your first job. Pick a formative age and begin to write about what you remember feeling and experiencing.

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LOCATION

Where were you formed and raised? Did you move around a lot? Do you have a hometown? What was the culture like that formed you? Southern? City? Small town? Rural?

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ACTIVITIES

What were you involved in? What did you love? Were you forced into any activity? What were your days filled with? Who played with you? Parents? Friends? Cousins? Siblings?

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PEOPLE

What were you involved in? What did you love? Were you forced into any activity? What were your days filled with? Who played with you? Parents? Friends? Cousins? Siblings?

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CULTURE

What was the culture like that formed you? Did your family strongly identify with a specific culture? What aspects do you remember fondly? What aspects have you distanced yourself from?

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EVENTS

*What formative events shaped you? A divorce?
A promotion? An illness? A success? A heartbreak?
A loss? A move? A death? How were your transitions
in school? The meeting of friends or romantic partners?*

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EMOTIONS

What emotions do you recall were strongest in your formative years? What was the best day of your life? What was the worst? An embarrassing moment? A joyful time? A betrayal or disappointment?

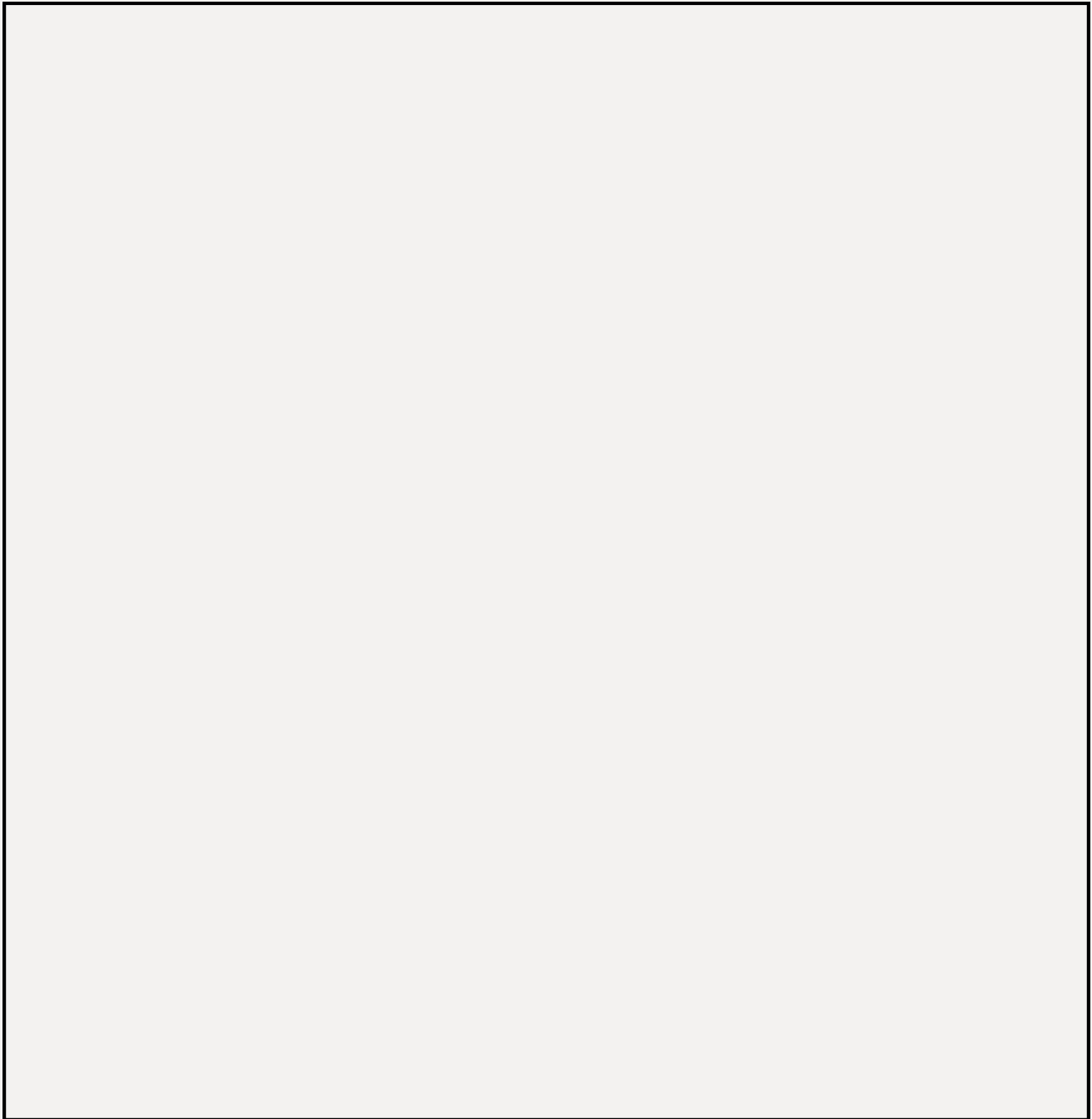
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BELIEFS

What were you taught about God?

When did you feel the most spiritually curious or alive?

Who/what impacted your spiritual/religious beliefs and practices? How was spirituality modeled?

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