

# How to Write Your Story

"In those moments of unnamings when we have lost ourselves, we must remember to return to our past redemptions to find God's mark of glory on our abandonment, betrayal, and shame. We wrongly believe that we will be happy if we can escape the past. But without our past we are hollow and plastic beings who have only common names and conventional stories. When we enter into our story at the point we lost our name, we are most likely to hear the whisper of our new name." - Dan Allender

Writing your own story is a powerful tool in understanding "where you are". This is the first question God asks humanity in Scripture (Genesis 3:9). He invites us into exploring our stories so that we can see and experience His grace toward us in this life.

This worksheet is a guide to help you write your life story. This overall sketch of your life experiences, including experiences of blessing and harm, will help guide you into a deeper understanding of the behaviors you wrestle with each day.

**Begin reflecting** on your childhood (ages 4-18) and consider experiences from that time period that were good and comforting, as well as, others that may have been painful, harmful, or tragic. Your story is a narrative that has settings, plot, and characters. Try to describe the settings and characters, while also describing the plot of what happened. Incorporate the places and scenes that are formative in your life story. Proceed chronologically. Address your attempts to find life through substances, relationships, and/or experiences in your teenage years and beyond. Finally, consider where you find yourself today.

As you **write**, try to engage your story from a heart perspective. The focus of your writing is not literal truth. It is impossible for any human being to tell all the facts about a situation of their life. This is not a book report of your life. Instead, try to faithfully and emotionally connect with the truths of your life and the themes that you carry with you to this day.

**Avoid** unnecessary detail. Your story does not need to be overtly long. This can be a brief and accurate sketch of where you are and how you have come here. It can usually be done in 1500 to 3000 words.

There is a reason the scriptures were written down. We write our story because it engages a different part of our brain. As we write, the experiences of our lives flow out through our body, from our mind to our hands. This expression of ourselves is more gracious and truthful than what we tend to speak. We need this methodology to help us confess our traumas and experience redemption.

I invite you to write your story for your own healing today.