

Assignment: Rewrite Your Story

🕒 Module	Module 2: Builder Identity Work
# Unit Number	2.2
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Assignment: Rewrite Your Story

Module 2: Builder Identity Work | Unit 2.2

Assignment Overview

In the Language Inventory, you identified individual shame scripts and rewrote them as builder scripts.

Now it's time to go deeper: **rewrite your full narrative.**

This isn't just about swapping out words. It's about fundamentally shifting the story you tell about who you are and where you're going.

Learning Objectives

By completing this assignment, you will:

1. Identify the overarching shame narrative you've been carrying
 2. Trace the sources of that narrative (whose story is this?)
 3. Rewrite your narrative in builder language
 4. Practice telling your rewritten story to your tribe
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Instructions

Part 1: Identify Your Shame Narrative (30 minutes)

A shame narrative is the **big story** you've been telling about yourself. It's not just one script—it's the through-line that connects all your shame scripts.

Common shame narratives:

- "I'm broken and beyond repair."
- "I ruin everything I touch."
- "I'm not capable of building something that matters."
- "I'm too damaged to succeed."
- "I'll always be an addict / ex-con / failure."

To find your shame narrative, ask yourself:

1. **If someone asked you to describe your life story in one sentence, what would you say?**
 - (Don't filter. Write the first thing that comes to mind, even if it's harsh.)
2. **What's the "but" that follows any good thing about you?**
 - Example: "I'm smart, *but* I always screw it up."
 - Example: "I'm hardworking, *but* I can't stick with anything."
3. **What are you afraid people will discover about you?**
 - The thing you hide. The thing you think disqualifies you.

Write out your shame narrative in 2-3 sentences.

Part 2: Trace the Sources (20 minutes)

Where did this narrative come from?

For each part of your shame narrative, ask:

1. **Whose voice am I hearing?**
 - A specific person (parent, teacher, ex, boss)?
 - An institution (school, prison, rehab, church)?
 - Society at large?

2. **When did I first start believing this?**

- What was the moment or event that locked this narrative in?

3. **What was I surviving when I internalized this?**

- Often, shame narratives form as a way to make sense of trauma or chaos. What were you trying to survive?

Write out the sources for each part of your shame narrative.

Part 3: Rewrite Your Narrative (60 minutes)

Now, rewrite your shame narrative as a **builder narrative**.

The rules for builder narratives:

- **Acknowledge what happened without shame** (Don't minimize or erase your past)
- **Reframe what it means about you** (Shift from deficit to strength)
- **Leave room for growth** (You're not done yet)
- **Root it in dignity** (Speak about yourself with respect)

Framework for rewriting:

1. **Where I've been:** Acknowledge your past without shame
 2. **What I survived:** Reframe survival as strength
 3. **Who I'm becoming:** State your builder identity
 4. **What I'm building:** Name what you're creating
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Example: Shame Narrative → Builder Narrative

Shame Narrative:

"I'm a mess. I've been through addiction, incarceration, and burnout. I always start things and can't finish them. I ruin everything I touch. I'm too broken to build something that matters."

Builder Narrative:

"I'm a cycle-breaker. I've survived addiction, incarceration, and burnout—things that would have broken other people. I'm learning what's worth sticking with and what's a mismatch. My past doesn't define my future; it equips me. I'm building a life and a venture that actually fit how I'm wired, and I'm doing it with dignity."

Another Example:

Shame Narrative:

"I'm just an ex-addict. That's all anyone will ever see me as. I'll never be taken seriously. I'm too damaged to succeed in business."

Builder Narrative:

"I'm a cycle-breaker who understands obsession better than most. I know how to redirect intense energy into fuel. My past gives me a perspective that's rare in entrepreneurship: I know what it's like to rebuild from nothing. That's not damage—that's expertise."

Part 4: Tell Your Story (30 minutes)

Once you've rewritten your narrative, **practice telling it.**

Option 1: Record yourself (audio or video)

- Tell your builder narrative as if you were introducing yourself to a potential collaborator, investor, or mentor.
- Listen back. Does it feel true? Does it leave room for growth?

Option 2: Share with your tribe (in breakout room or discussion forum)

- Tell your builder narrative to 2-3 people in your cohort.
 - Ask them: "Does this sound like builder language, or am I still slipping into shame?"
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Submission Requirements

Submit the following:

1. **Your shame narrative** (2-3 sentences)
2. **Sources analysis** (where the narrative came from)

3. **Your rewritten builder narrative** (200-400 words, using the framework above)

4. **Reflection** (300-500 words):

- What was hardest about rewriting your narrative?
- What surprised you?
- How does it feel to tell your story in builder language?

Format: Submit as a Google Doc, PDF, or Notion page.

Grading/Feedback Criteria

This assignment is not graded on "correctness"—there's no one right way to tell your story.

You'll receive feedback on:

- **Honesty:** Did you engage with your real shame narrative, or stay surface-level?
 - **Builder language quality:** Does your reframe leave room for growth? Is it rooted in dignity?
 - **Narrative coherence:** Does your builder narrative tell a complete story (where you've been, who you're becoming, what you're building)?
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Common Challenges

"I don't know how to talk about my past without shame."

Start by just stating the facts without judgment. Then add the reframe. Example:

- Fact: "I was incarcerated for 3 years."
- Reframe: "I survived a system that tried to break me. I'm still here, still building."

"My builder narrative feels like I'm making excuses for my past."

Builder language isn't about excusing behavior. It's about refusing to let your past lock you into a fixed identity. You can acknowledge harm you caused *and* refuse

to be defined by it.

"I'm afraid if I tell my story in builder language, people won't take me seriously."

Builder language is more compelling than shame language because it's forward-looking. It shows you're not stuck in the past—you're using it as fuel.

Why This Matters

Your identity follows your narrative. If you keep telling a shame story, you'll keep acting in ways that confirm it.

But if you tell a builder story—and tell it enough times—your brain starts to believe it. Your behavior follows. Your identity shifts.

This is the core of Module 2. This is how you become a builder.



Builder Reminder: Rewriting your narrative is deep work. Take breaks if you need to. Bring questions and struggles to your tribe—they're here to hold space for you.

What's Next

After completing this assignment, you'll move to **Unit 3: Builder's Code Workshop**, where you'll co-create community agreements in builder language with your tribe.