



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 8 Action Guide: Narrative

Exercise I: The Story of My Life

We live in a narrative that defines our life. Based on specific events, or lack of events, we may craft the story of our life from a place of fear – trying to make sense of who we are.

Take a moment to write down the main things that you've struggled against in your life. What are the primary experiences in life that have defined you?

Write down the beliefs you've created about yourself from these incidents.

Now that you've defined the story you've been living in, and the beliefs you are holding about it, write a paragraph describing your experience. Or get creative and write a story with you as the protagonist, struggling against the formidable foe that has consistently moved against you in life. Have fun!



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From these insights, create a one-sentence statement that holds the essence of this narrative.
The story I make up about it is... (i.e. I will always go without)

Exercise II: Fact Check your Story

If you step away from an interaction this week that feels “off” in some way, and recognize you’re making up a story about it, circle back and fact check your story.

Say:

“Here’s the story I’m making up:

When you...

I felt...

And thought...

What was going on for you?”