



*“The purpose in a man's heart is like deep water,
but a man of understanding will draw it out.”*
Proverbs 20:5

Telling about ***the past merely serves the purpose of filling out the context*** which helps us to understand how heart themes were shaped and where you might need to reconcile relationships or get “unstuck” from the past. It is important to understand that the past is not determinative but can be a part of helping you put off old patterns and habits as well as forgive and to biblically **put the past in its place**.

Where to Begin a Life Story:

Breakup your life story into different “chapters of life” based on the following age groups:

- **Zero to twelve:**
- **Thirteen to eighteen:**
- **Nineteen to twenty-five:**
- **Every five to ten years afterwards**

What to Include or For What to Look in a Life Story:

Your story is not really about “all the facts of one’s personal history” – where you grew up, how much money your parents made, etc. Reflect on meaningful and impacting facts such as those that shaped your worldview. For example, each “Chapter” in the counselee’s life, as outlined above, try to reflect on:

- **People** – Who shaped or influenced you (both in a positive and negative way)?
- **Position** – Where did your family get identity? What did others see or say about your family growing up?
- **Patterns** – When you experienced trials, or were “squeezed,” what came out of your heart?
- **Problems** – What has been hard or traumatic? How did or are you dealing with it?
- **Passions** – What do you value most in life? How do you know that your life matters?
- **Priorities** – What is most important to you and why? Are your priorities and everyday life habits consistent with what you say you value most?
- **Perspectives** – What did you believe (your worldview) growing up - view of God, self, and others? How has it changed and why?

Please come to your next session prepared to share what the Lord has shown you!