

Date:

Worksheet for Writing My Story

Pray that God will reveal to your mind how much he cares for you, and how he is sovereign and has a purpose for allowing these things in your life. He loves you and he will heal you. Meditate on Isaiah 55:8-9.

The greater portion of your story should be spent sharing information that will explain your wounds and the events (positive and negative) that have impacted your life and shaped who you are.

*It is helpful if you include basic information such as where you were born, the places you have lived, who was in your original family, education/training, jobs/careers, marriage(s) and children. But it is not necessary to mention extensive lists of details. For example, if you were from a military family, you don't need to share every place your family was stationed. **If it applies to you, be sure to include when and how you became a Christian or if you are still seeking to find the truth.***

Early Childhood (0-12)

Events that were positive, happy, or where God clearly helped:

Events that were negative, hard, or painful:

Teen Years (13-19)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful:

Young Adult (20-35)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful:

Middle Adult (35+)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful: