

Narrative Life History Worksheet

by [Robert Hartzell](#)

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roberthartzell.com

If you have not read *How to Find Your Healthy and Productive Life Narrative* and the *Narrative Worksheet Concepts*, I highly recommend it before doing this worksheet. You will get much more benefit!

Sections of the Worksheet

SLED is an acronym I use from our [Living in the Father's Love series](#). SLED explains the basic emotional needs you must have met to be healthy.

SLED: Security, Love demonstrated, Esteem, and Destiny

Security is the first, most important component of a healthy family. Hearts cannot be open without basic security. Without open hearts, love does not flow and life learning breaks down. Consequently, nobody in the family matures emotionally. This is covered in the "Fathers" section of questions below.

Love demonstrated is what meets our bonding needs. This affection comes from both parents but in particular the mother. Questions on this are in the "Mothers" section below.

Esteem gives us the right motivation (love) for why we do things. It frees us from performance orientation and battling anxieties that lead to counterfeit affections (addictions).

Destiny unfolds as the first three concepts are functioning well. Esteem and destiny are mostly covered in the "Fathers" section, however, many questions can be applied to more than one section. Think about them in whatever way helps you the most.

At the end there is a section of questions to help you identify life skill gaps and narrative breakdown.

I would suggest you find a quiet place to be alone with just your thoughts, emotions, and the Lord as you answers these questions. And begin with prayer.

Narrative Questions

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Worksheet Instructions

If you have step-parents, fill out a separate evaluation sheet for each set of parents.

For questions you answer that indicate your narrative has not been worked out, additional help can be found through our [DPM tool](#). If you would like some personal one-on-one ministry, you can [contact us](#) to set up a coaching appointment.

Answering the following questions will help you discover where your heart is at in the area of the basic emotional needs. The goal of this worksheet is to reveal your source of security and to discover what may need to still be worked out in your narrative to lead you into a more peaceful and restful life.

NOTE - No Perfectionism Required

This worksheet is a tool for you.

You do not have to show it to others.

You do not have to complete it all at once. Simply use it as you feel is appropriate.

Depending on what you sense God doing in your heart in a given season, you may be drawn to answer the questions in one section of this worksheet only.

Know that you may always come back another time and work on a another section later.

In essence, there are no rules or regulations; this is merely a tool to assist you in your healing journey.

Fathers

General

List 5 five memories you have of your father:

What was the best experience you remember having with your dad?

What was the worst experience you remember having with your dad?

List any painful memories that you have with your dad.

Did your dad have any addictions?

If yes, do you feel you've come to terms with that? How has it affected you? How did you make peace with it? In what ways does it still bother you?

List any key memories you have with your dad from your childhood years. How do you feel about that time period?

Teenage years?

Adult years?

Have you forgiven your dad for any ways he hurt you and for any faults he had?

Security

Did you feel emotionally and physically safe around your dad?

List some ways he made you feel safe.

List any ways he made you feel unsafe.

Did your dad have a temper?

How did he correct you?

Was his discipline based on using boundaries or more of a punishment based? Can you list an example?

How did your father communicate his love to you? Give examples.

Did you feel his love emotionally? Give examples

What emotions did your father express openly? How did he express them?

Did you feel that your father understood you?

Did he have favorites in the family? Who were they?

Was dad a faithful provider? In what ways?

Did dad fulfill his words and promises to you and others?

Was dad faithful to your mom?

Did your dad support you emotionally?

Could you talk about your issues with him and feel safe?

Did dad teach you to value other people, even when you didn't agree with their opinions and views?

Was your dad sexually pure towards you? If not, how do you feel about that?

Did your dad battle anger and resentment?

In what ways did you feel that you had to earn your dad's acceptance and approval?

Was dad ever physically abusive towards you?

How well do you feel you understand who your father is? Explain.

Were there some behaviors your dad demonstrated that you don't understand?

What would you say your dad's goals in life are/were?

What were his values?

What was the atmosphere of the home when dad was around?

Esteem and Destiny

How did your dad deal with frustrations?

List things you remember your dad taught you. For example, to ride a bike, read, math, sports...

Did he teach patiently?

How did he treat your mom?

How did he show love to her?

How did dad deal with disagreements with mom?

Did dad support you in education, sports?

Did dad model for you service to church and/or community, and did he support you doing this?

Did dad model courtesy and respect for other people?

Did your dad take an interest and get involved with the things you were involved in?

Was dad fun when you were growing up?

Did dad willing and patiently answer your questions?

Was dad controlling or manipulative? How? In what ways?

Mothers

General

Was your mom faithful to your father?

How did your mom show her love and respect for your father?

Did mom struggle with any addictions?

Have you forgiven your mom for any ways she hurt you and any faults she had?

Did mom have favorites in the family?

List any key memories you have with your mom from your childhood years? How do you feel about that time period?

Teenage years?

Adult years?

Did mom often worry and express anxiety? Give examples.

What was the atmosphere of the home when mom was around?

List any painful memories that you have with your mom.

What was the best experience you remember having with your mom?

What was the worst experience you remember having with your mom?

Did she struggle with bitterness?

Did your mom show honor and respect towards your dad? In what ways?

Love Demonstrated – Affectionate Love (bonding, “I like you, I like being near you, you belong”)

Did you feel safe with your mom?

Was there bonding with your mom? Did you learn to trust?

Was mom openly affectionate toward the family? Can you give examples?

How easy was it to communicate with your mom?

Does she make you feel guilty if you don't take care of her as she demands?

Did she respect your choices and allow you to be your own person? Can you give examples?

Was your mom sexually pure towards you?

Do you feel free to live your own life without losing her love?

Does mom respect your own family?

Does she treat your children in familiar hurtful ways?

Does mom make it difficult to say "no" to her?

Do you feel guilt over not meeting her expectations?

Was mom ever physically abusive toward you?

Was mom controlling and manipulative?

Life skills

How well do you feel you understand who your mother is?

What would you say your mom's goals in life are? Give examples.

Did mom use 'fight or flight,' demeaning remarks and anger, or withdrawal to deal with conflict?

Were there some behaviors your mom demonstrated that you don't understand?

Do you find yourself acting childish around her?

Did mom and dad talk respectfully through issues that arose? Can you remember an example of this?

Narrative

What key things did you learn from the relationship modeling your parents gave you?

Compassion?

Respect toward others with different opinions and world views?

Issue resolution? Give examples.

What would you say were the core values of your family growing up?

Do you feel you know your own core values?

Your talents? Give examples.

Your strengths? Give examples.

Your weaknesses? Give examples.

How well did your parents help you discover who you are?

What core life skills did you learn from your parents?