

How to Find Your Healthy and Productive Life Narrative

The Crucial Tool for Productive Devotions,
Emotionally Intelligent Relationships and Movement
Into Your Destiny

8 Steps to Get You There!

by [Robert Hartzell](#)



*"Where a man's wound is, there he finds his genius."
- Poet Robert Bly*

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Chapter 1 – How to Reach Your Dreams

You are called to be a fathering leader, whether you are a literal father or not. The current generation in many ways is a fatherless generation. You have something in you this generation needs. Everyone has something to give. Are you finding what that is?

Do you feel you are coming into what you were created to do?

This ebook will take you through the steps to get you to your destiny. In particular, this ebook will show you how to move past your stuck places and make them the very stepping stones to your dreams.

Step One – What's Your Dream?

A starting place to come into your destiny is to identify your dream. Where do you feel passion? What moves you?

What's Your dream?

- Maybe you see certain people ministering to others in a way that wonderfully helps them and something in you longs for a similar position also.
- Perhaps you long to run a successful small business. You can feel it's in you to do this. You know this could help your own family come into all God has, as well as help many others that you would be able to bless financially.
- Most people would like to feel closer to God and to the people they care about. Is there something in you that just knows this is the step you are on? That as you go deep in relational skills it will lead you into the rest that God has for you?

If your dream is not clear to you, the book [The Path: Creating Your Mission Statement for Work and for Life](#) by Laurie Beth Jones is very helpful.

Having done 1000s of hours of Emotional Intelligence [Life Coaching](#) with people, I find that there's a key reason as to why people don't fulfill their dreams.

What's the Main Reason People Don't Reach Their Dreams?

Step Two – Identify Your Battle

- Undeveloped life skills of Emotional Intelligence (or EQ)

Let me illustrate this from my own life.

I have had dreams of ministering to people's emotional wounding since the mid 80s. I saw myself speaking on stages, writing books, and helping people find freedom from a painful past.

However, for the first 15 years I had this dream I felt so incredibly stuck in accomplishing this.

I grew up with an abusive alcoholic father who ultimately went to prison for 22 years.

This pain motivated my passion to help others overcome emotional woundings but it also was what kept me stuck.

Picture a young man, 21 years old, newly and excitedly walking with God. He is enjoying his new found freedom from his own drug addiction. However, he had never experienced the emotional support and guiding wisdom of a father pointing out to him the way forward in life. Instead, this young man had been taught through his experiences to fear male authority.

This was my life. I had no idea what it even looked like to fulfill your dreams. I had no clue what made the world go around in terms of getting an education. And I certainly

didn't understand how to overcome negative emotional issues. This had never been modeled for me.

The one thing I *did* have going for me though, was a tenacity that kept me searching for the keys to emotional health through 15 years of stuckness.

I lacked the skills of EQ, Emotional Intelligence. These life skills should have been modeled for me by my family of origin. [The Family Model for EQ](#) contains every answer we need to move forward in our lives.

When I understood how resolving my life narrative builds EQ, I had the tool to always find forward movement.

EQ – Emotional Intelligence

When I'm coaching people in marriage issues, the problem most often comes down to dialogue, understanding, and empathy. These are the skills of EQ.

Many people have not realized the huge key for success EQ gives you.

Not only do marriages (and all other relationships) work better with EQ, business success is greatly enhanced too.

Those with high EQ, over those with high IQ, are getting the promotions, the larger sales, and overall business success. This is true of ministry success as well.

Many studies have confirmed this. Here's just one article about it: [Look for Employees with High EQ Over IQ](#).

How to Steward Your Heart to Reach Your Dreams

[Step Three – How to Discern if You are Stewarding Your Heart or Forcing Your Heart.](#)

Freedom and growth wonderfully occur when you have the emotional intelligence (EQ) to “**live from your heart**,” especially when your heart is fruitful like a well-tended garden.

You experience consistent growth in your life skills and consistent movement toward your dreams.

Tending the garden of your heart well is the key to realizing your dreams and destiny.

*The challenge is that people often don't know how
to tend the garden of their hearts.*

The challenge is that people often don't know how to tend the garden of their hearts. They have unresolved painful events, what they consider “these cursed memories.” Consider the lyrics from the popular Christian song, “Come to the River,” by the Rhett Walker Band.

I'm torn between myself and Your (God's) truth
These cursed memories, forever seeping through...
You say, come to the river
Oh, and lay yourself down and let your heart be found...

These verses paint a good picture of most people's stuckness. They are torn, wanting to embrace truth but hitting obstacles (unresolved, “cursed” memories). Many people view the answer to this wretched dilemma as simply coming into God's presence, His river.

Of course this is true. But how do you engage with this river?

God rarely takes His “**magic eraser in the sky**” and just wipes away our pain. Rather he supports us to work out our stuckness. A child doesn't learn if you do the math problem for him.

Working out our stuckness involves facing and resolving our pain, working out our narrative. This means my pain is - from my heart - wrongly interpreting a painful event,

forming an incorrect narrative account of the event. The good news is that God will support us in working this out if we let Him.

For a lack of understanding this important truth, we tend to resort to inferior methods for managing our pain.

How to Recognize When You Are Trying to Force Life

We all want forward movement from the pain of our stuckness and toward our dreams, but often we don't know how to get there.

People often try to "force" their hearts into action and end up in frustration and feeling they simply lack willpower.

Fight or Flight?

The concept of fight or flight helps explain this forcing approach to life.

Fight refers to rigidity and "black and white" thinking. Someone or something is either "in" or "out," acceptable or not. This type of a mindset gives little acceptance and consideration to a person being in a learning process or still developing.

Flight refers to ways people drop out when they get frustrated when something's not working out.

In a nutshell, fight and flight is when a person tries harder, tries to force things to happen or a person quits showing up.

These are the challenges common to man. These challenges occur when there's unresolved wounding in our lives.

For example:

- I try to work out more at the gym and feel bad if I don't.
- I try to be more spiritual and feel condemned when I don't pray enough.

- I try to force negative, self-defeating thoughts from my mind but they keep returning.
- I have forgiven that hurtful person 100 times but I still feel angry.

We've all heard the saying:

"The longest journey you will ever take is the 18 inches from your head to your heart."

- Andrew Bennett (born 1939); British politician

What is the key to effectively stewarding and living out of your heart?

The key is understanding the concept of **Narrative**.

Narrative is where we learn how to work *with* our hearts rather than forcing them. It is where we start to live in freedom rather than out of compulsion.

Understanding Your Scripts

The idea of scripts helps explain narrative.

Our lives run on a narrative script which our hearts have embraced over time, much the same way a website runs on lines of code. This article explains this concept very well:

[The Amazing Human Brain and Human Development](#)

This heart script can be healthy and empowering, or it can have "errors" causing defeating behaviors.

Knowing how to recognize and repair your script brings huge forward movement for your life.

Understanding how to work with you life narrative not only gets you past the stuck places in your life, it moves you into your destiny.

There are life coaches who offer tools to help you identify your passion and destiny. Many people, however, hit roadblocks along the way and never arrive.

This Ebook Will Teach You to Resolve Those Roadblocks

Resolving Grief begins to explain resolving roadblocks.

Chapter 2 – Making Lemonade: How to Turn Your Losses into Gold

Step Four – The Model that Turns Grief into Stepping Stones to Destiny

Life's Pain

My ring of potential destruction or potential destiny was fatherlessness. Making peace with my losses in this area unfolded my destiny. This section will give you an overview of how loss can lead to destiny.

As you'll see, understanding the grief model is the first tool for repairing narrative and overcoming.

Can you just picture pretty perky Pollyanna chirping, "If life gives you lemons, make lemonade!"?

Doesn't that image almost make you sick with its clever little pat answer? There's a saying in Spanish I like:

"Y es facil?" which means basically, "Oh, you think that's easy?"

It is often life's pain that gives birth to our very purpose and destiny. Making lemonade is all about converting pain into purpose.

So how do we make this crucial transition from pain to purpose? I'd like to consider 3 key points:

- 1) The impact of loss
- 2) Understanding the grief model for growth
- 3) Reconstruction of loss into something meaningful

The Impact of Loss

Everyone faces loss at some level; certainly a loved one passing is one example. But that's not the only kind of loss; there are, in fact, many. There is not getting that dream job, having to move away from friends, or not making the team, just to name a few.

In my case it was the loner feeling of growing up largely without a father. It was a loss not having a present father.

I did have a happy relationship with my father-in-law, but he passed away from cancer shortly after I was married, leaving me with another loss and a feeling of disconnect.

A few years later, a man named Jack came into my life as a spiritual mentor to healing ministry. And he was even more than that, he was a friend, a father figure.

Jack impacted me greatly. However, in 2007, Jack passed away from cancer leaving me with even more loss to deal with.

Many people have been swallowed up in life's losses and ended up passing their lives in bitterness. Some are able to work through the loss and grow from it. What makes them different?

Candy's Losses

I want to tell you about a lady named Candy Lightner. Her story will shed some light on the matter.

Candy was driving joyfully along one sunny day with her 18-month-old daughter, Serena. Suddenly, a drunk driver hit her car in the rear injuring her precious baby.

Several months later Candy's son, Travis, was also hit by a drunk driver leaving him in a coma.

But life had more lemons still for Candy; she was devastated as her third daughter, Cari, was struck and killed by a drunk driver who had passed out and veered off the road.

If anyone had a right to camp out in wretchedness, wrath, and withdrawal it was Candy.

How many people do you know who have gotten stuck in life's losses? The rain has come and the person feels it has left mud puddles in their life. What is the answer?

The Grief Model Gives Us the Key

I like Lloyd Ahlem's adaptation of the Kubler-Ross grief model into four simple stages:

- 1) Impact
- 2) Withdrawal
- 3) Adjustment
- 4) Reconstruction

This model is effective for all types of loss and even for integrating new information that conflicts with previous beliefs. In other words, it is a model of how personal growth occurs. Let me illustrate.

Having grown up largely without a father and losing my father-in-law to cancer made my friend Jack's passing more difficult. This is how I processed it:

- **Impact** – I experienced the impact of loss. I was disoriented, I didn't know what the future would hold.
- **Withdrawal** – I moved into withdrawal; I shut down for quite awhile.
- **Adjustment** – I accepted what happened and started to look for something new to invest in. For me that meant beginning a relationship with a new business mentor.
- **Reconstruction** – I made new attachments to something significant. A couple of years after Jack's death I was on a business trip when I realized how much I had really learned from him and that I was going to be okay. I had been equipped to give to others many of the tools Jack had given to me.

How did Candy Lightner reconstruct loss into something meaningful? How did she move through these four stages and complete the grieving process?

In 1980, Candy passionately founded MADD - Mothers Against Drunk Driving.

What is Your Reconstruction?

Maybe a rocky marriage that you found a way to press through will move you with compassion to hold couples retreats for others who struggle.

Maybe having a handicapped child will fill you with vision and drive to organize sporting events for the disabled.

Rain doesn't have to leave mud puddles, it can fill a well that waters the world. When life gives you lemons, you really *can* make lemonade.

Now let's consider the concepts and steps that make reconstruction possible.

Chapter 3 – Your Destiny Algorithm

Step Five – The Definition of Narrative

Movie Algorithm

Most movies now use an algorithm that's been developed. This program uses the data of 1000s of movies that are broken down and analyzed. Plot points in the script receive a value. Everything from action scenes to romance subplots are scored according to a directory.

The algorithm then calculates how much money the movie will make with a plus or minus 10 percent accuracy! It even recommends certain script changes to make it more profitable.

With the cost of making a blockbuster movie these days, can you imagine how valuable this tool is?

You are so much more important than a movie; how valuable would a tool like this be for your life?

Understanding your life **Narrative** gives you this type of an algorithm. It gives you a clear tool for measuring and optimizing your path to your destiny.

Narrative Definition

A **Narrative** is a story, an account of connected events.

In terms of EQ (emotional intelligence) and reaching your destiny, it is about **how you've made sense** of the story your life.

Dr Dan Siegel says,

*“It is not what happened to us that is the source of our pain,
but how our hearts have interpreted it.”*

Unresolved Narrative

Think about website code again. When it is clean and well put together the site runs fast, everything does what it is supposed to, and errors don't occur.

Unresolved narratives make it hard for you to concentrate. Your mind goes in too many directions at once, driven by fears of failure or rejection.

The Benefits You Receive with a Resolved Narrative

In the Movie *Limitless*, Eddie Morra finds a pill that enhances his mind to learn at an incredible pace. In just a few days he finishes writing the novel he's been stuck on for years, learns to play classical piano, and learns to speak a foreign language.

One quote from the movie stands out:

*“I knew what I needed to do and how to do it.
Everything I had ever learned was organized and available.”*

Obviously this movie exaggerates beyond reality. However, **there is a place to live where you have a clear mind that focuses and therefore is highly productive.**

This is the result of working out your narrative!

So let's take a look at what we need to apply the skill of working out our life narrative.

Chapter 4 – How Do You Apply This?

Step Six – Concepts You Need to Know to Resolve Your Narrative

There are two core concepts to understand in order to work out your narrative.

The concepts you need to understand are:

- Attunement - the key that engages the heart
- Life-Skill Modeling - identifying our missing skills for emotional health

Once you understand the core concepts, there are some effective questions you can ask yourself to find where the “bad code” is - the unproductive ways you’ve interpreted certain life events. We’ll discuss this at the end.

Concepts – How Attunement Makes the Heart Work

Attunement is a good way of understanding how parental love is supposed to work.

Simply put, attunement refers to one person’s ability to tune into the heart of another.

When you can empathize with others, even in times of disagreement, growth can always take place. A picture will help explain this.

A Picture of a Good Attunement Experience

Picture a loving grandfather so excited to watch his grandson play in a little league game. When the boy comes up to bat he strikes out. His face says it all when he looks over at his grandpa.

Grandpa is secure in his identity as a loved child of God. He doesn't feel at all embarrassed that it was **his** grandson that struck out. Therefore he is not wrapped up in himself but rather thinking about how his grandson feels, reaching out to him with a big hug after the game, he says:

"You tried, that's what really matters. I love you. No one hits the ball every time. Hang in there. I'm with you and I'll help you."

Grandpa washes off the shame of failure and gives emotional support. The chances are much higher the boy will feel valued and empowered.

His internal narrative of this event will be positive, helpful, and empowering.

Repeated Roadblocks – When There's Not Been Attunement

I coached Joe through a painful financial pattern he faced.

Joe kept running into painful financial setbacks in his life to the point where he felt like he was cursed in this area. The minute things seem to be turning around, a new crisis arose.

After somehow raising the money for a new air conditioning unit, he found out a he had a plumbing leak. Multiple examples of such incidents cluttered his path.

Something in him says he doesn't deserve to get ahead and he never will. He resists these thoughts; they remind him too much of his childhood.

Joe's Unresolved Narrative "Root"

Joe grew up poor.

One time his math teacher instructed every student to have a scientific calculator. As Joe asked his dad for this, he actually got yelled at for being ungrateful and was told to stop asking for things.

This event was quite painful, making Joe feel ashamed and trapped by his circumstances.

How You Can Resolve Your Issues Instead of Forcing Your Heart

Joe can keep trying to block these thoughts that he's powerless and cursed, and continue to fight life on sheer willpower (forcing), but the result will be a that the broken pattern of financial challenge will continue. This ongoing issue will bring a feeling of hopelessness – the feeling that victory will never come.

Joe Needs to Resolve His Narrative

He needs to face and come to terms with how his dad treated him in the area of finances. This means he finds empathy towards dad in this event.

It also means Joe can identify the life skills in this area that were never modeled for him.

Once the life skill is identified, with negative emotion no longer in his way, Joe will be able to learn the new skills.

Three Key Steps

These three steps give you an overview of how Joe will find empathy toward dad in this area of finances.

1. **Lies** – Joe had embraced lies in his heart that he is “less than” others when it comes to finances. Joe will need to identify and release these lies and embrace God's truth in place of them.

2. **Anger** – Joe may have anger toward his dad he needs to let go of. He will need to find the forgiveness and love of Jesus for this.
3. **Loss** – Finally, he likely has a feeling of loss over growing up like this and the years of pain it's caused him. Joe will need to take the steps of finding God's redemption in terms of this loss.

I cover how to accomplish these steps in detail in my series [Discovery Prayer Ministry](#). Accomplishing these steps will give Joe a new way forward, as we discussed in Chapter 2 concerning the grief model.

Not only will he find freedom to deal with his finances in a healthy way, he will have a story to tell others who struggle in this same area. This story involves the new learning that occurred in resolving this narrative issue.

Life-Skill Modeling

Step Seven – How Life Skills Are Recognized and Developed

This brings us to the concept of life-skill modeling. I call this process “**Generational Transfer.**”

Very simply put, **Generational Transfer** refers to whatever life skills – good or bad – are passed from generation to generation in a family.

Generational Transfer refers to whatever life skills – good or bad – are passed from generation to generation in a family.

Understanding this concept brings a whole new paradigm to what it means to mature spiritually and find emotional health.

The focus is not just on God's intervention to solve your problems for you, but also a focus on the skills you need to learn to walk in new freedom.

Understanding the Foundations of Generational Transfer

For the skills of healthy relationship interaction, or the breakdown thereof, to continue from one generation to the next there must be a foundation for them, a system of relational interaction that supports them.

The idea of an addict in a family explains this quite clearly.

For example, without codependent family members, an alcoholic is forced to face his issues. The boundary crossings that always occur with addiction are not permitted.

The key foundations of success our parents are supposed to build under us are:

- Spiritually
- Emotionally
- Educationally
- Financially
- Physically

Here are some examples of what these might look like:

- Has it been modeled for a child to know what it means to seek God and have a healthy spirituality?
- Has the value of higher education been imparted as well as facilitated?
- Has the child seen the parents resolve differences in healthy ways that maintain respect?

Generational Transfer is captured and defined well in the title of Robert T. Kiyosaki's book:

*“Rich Dad, Poor Dad: What the Rich Teach Their Kids About Money
That the Poor and Middle Class Do Not!”*

Outliers – It is Really About Generational Transfer

In his book, *Outliers*, Malcolm Gladwell studied how success happens.

In sports, music, or even math and science, the kids who were held back a year before starting school excelled.

They were older, bigger and had a year more of intellectual development than their peers.

As they excelled they were put in advanced sports leagues and advanced academic classes. These classes led to superior coaching and instructing as well as competing with better players and many more hours of practice.

This demystifies success. A foundation of success was given to these children.

*When you identify your foundations,
you have taken a huge step toward your own success.*

You see what needs to be learned and you know what you can build on.

- Can you think of some foundations for success your parents gave you?
- How did they give a foundation for success?

Positioning Children for Success or Failure

Consider a child raised by a single mother on welfare who has no life skills to give any sort of a healthy foundation.

The mom never quite beat her addiction and spends most of her time intoxicated and watching television. What kind of a foundation does this lay? It's very likely that this kid ends up in a gang and dropping out of school.

Now consider an upper middle class experience of an emotionally healthy family.

The child develops with both the emotional and financial foundation needed to excel.

*Why do these systems continue generation to generation?
How can this be changed?*

These parents are modeling life skills – or the lack of them – for how to live life. This, however, doesn't absolve the child of personal responsibility. If he can come to terms with his life story, his narrative, he can excel regardless of his upbringing.

Let's consider client David's example of narrative issues.

David's Narrative Breakdown

David so often found himself being the butt of jokes on his job and even by his wife.

As a child, the neighborhood kids teased David. They would punch him and spit on him as he'd get off the school bus and tried to run home.

What kind of lies and narrative does this sow into the heart of a child?

"I'm bad." "I'm not worth protecting." "Bad things always happen to me because I must deserve it."

Will simply resisting negative thoughts bring freedom into David's life? Will enough positive affirmations bring the change he needs? Unfortunately no.

He has to come to terms with all of this from his past and allow God to write *His* truths on his heart, not the truths David had interpreted from the events.

Life Skills

We are talking about life skills here - skills for living out life.

These skills flow out of a healthy narrative. A healthy narrative means we know ourselves and we know what's shaped us.

We have come to terms with what shaped us and found a way forward from it.

Either our parents gave us a platform for success or they didn't. We've either come to terms with that and learned lessons, or we haven't.

This is where many people live - constantly hitting roadblocks because of unresolved narratives and not knowing the life skills needed to move forward. Unfortunately, they also haven't been exposed to training that will help them move past these challenges.

I knew a dad who was always too busy for his kids. His son wanted to play soccer but he always said that he didn't have time to take him to practice.

- Where does this come from?
- Where did he get the idea that this is how to parent?

I know a young woman that has had two kids with the guy she lives with. He won't marry her, and he's unfaithful to her. Yet she stays in the relationship anyway, neglecting the kids and lays around watching soaps. Why?

Short Cuts Don't Work.

Many people try short cuts to fix this type of pain. They ignore their past or try to renounce it in prayer, or they speak repetitive affirmations.

From having worked 1000s of hours with people one-on-one to overcome these issues, I have never seen a way to bypass the facing and resolving of our pain.

Chapter 5 – What Makes You Tick?

Step Eight – How to Work Out Your Narrative.

Narrative means finding a cohesive life story. (Making sense of your past.)

Cohesive--To have internal elements logically connected so that aesthetic consistency results.

This definition explains what success looks like.

Knowing yourself - your story - has to do with how you have let God into your past events to make sense of them.

Have you taken the time to understand how your heart has interpreted your past experiences? This empowers you to explain who you are in the present.

The way you interpret your past has to do with your understanding of:

- Why did the people in your life behaved as they did?
- What was the impact of those events on your development into adulthood?

Our answers to these questions make up our life stories, our narratives.

The answers people give to these fundamental questions reveal how their internal narrative may be limiting them in the present.

Are there people in your past that you have little understanding of why they acted as they did? For instance, if someone has anxiety issues, they probably lived under great fear and have not yet come to terms with that.

More Than Healing

There is always a sense of confusion when you have unresolved narrative events. But if you take the time to work out your narrative of each hurtful event, understanding and healing comes.

As you identify the missing life skills the people in your painful events lacked, you move into understanding and empathy towards them. Your own pain resolves and you gain clarity with what happened and with how to move forward.

More than healing happens in this process. Resolution and clarity give you a way forward. You are no longer stuck in your hurts and you no longer lack understanding as to why things happened. Seeing the hurts and lack of life skills that brought about these hurtful events enable you to move forward into the appropriate life skill yourself.

These charts will give you a great overview of all this.

Chart 1- Incoherent Past Events

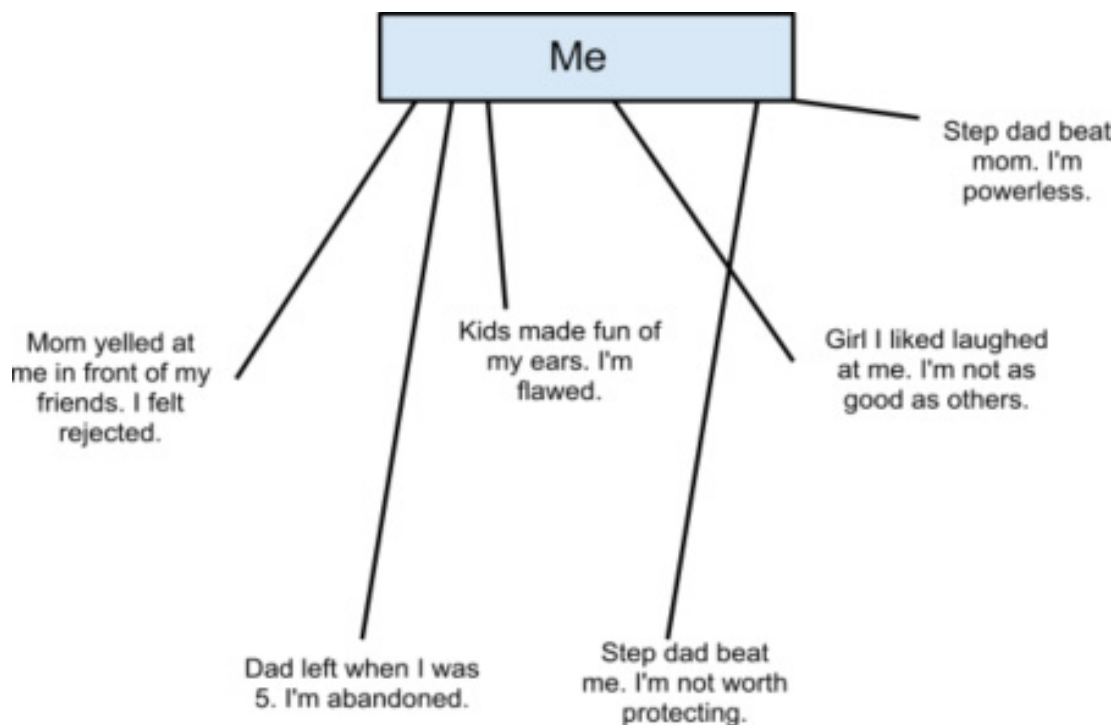
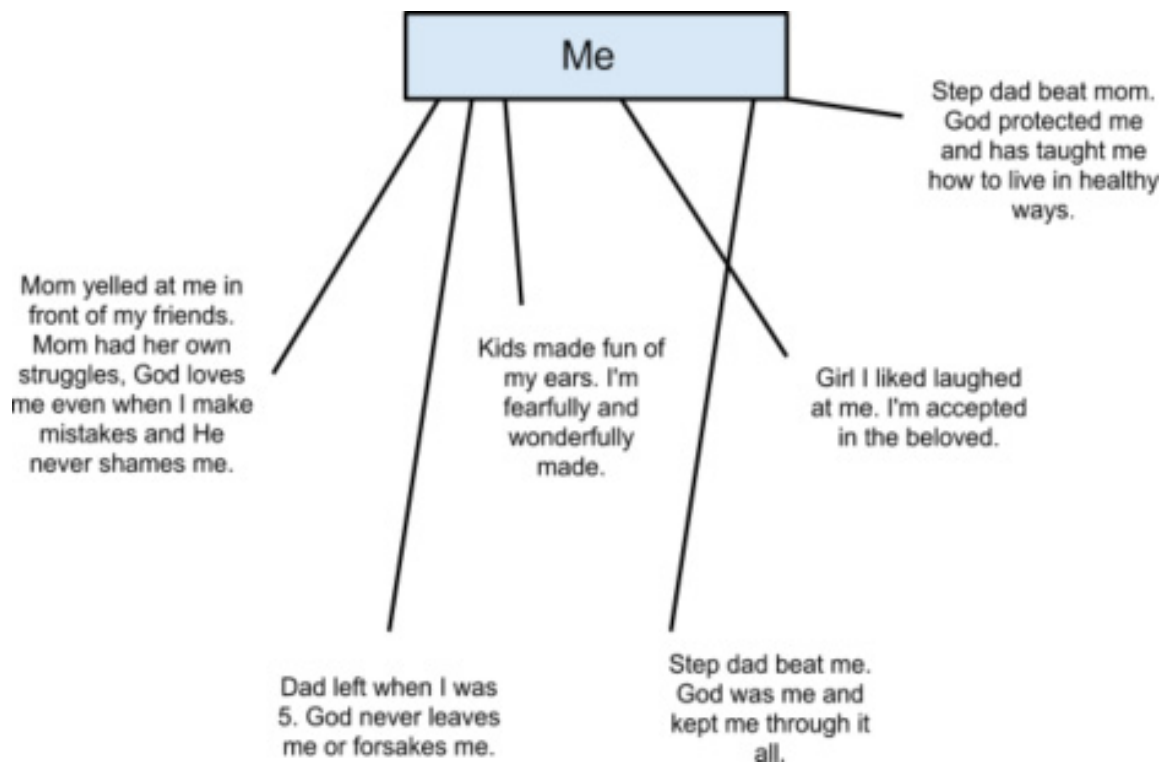


Chart 2 - Resolved Narrative



Results of Resolving Your Narrative:

- *Now* you may value being a good parent, or reach out to the broken, or are a coach or teacher that builds self-esteem into teenagers.
- *Now* you are no longer focused on how everyone has hurt you, nor on your own mistakes and guilt, and you see how to give back.

As I worked out my narrative with my dad it became clearer how he had had an awful childhood of which he never came to terms with. He had never made sense of how he grew up - *his* narrative.

His narrative had no coherence. His life timeline was a jumble of events. There were huge amounts of shame, guilt, and abandonment that he experienced in his life. Controlling life through anger was the only way he knew how to get by.

Making sense of your experiences gives you a sense of wholeness. You come to know who you are. Core values are developed from your losses.

You understand why you've had the struggles that you've had with anxiety or rejection or anger, etc.

You resolve many of your feelings of shame, worthlessness, stuckness, powerlessness and hopelessness.

Joseph's Incredible Narrative

Think of Joseph in the Old Testament and how he worked out his life narrative.

His own brothers sold him to people of another country. Joseph was truly a victim of human trafficking.

Yet because he came to terms with his pain, he rose to a powerful position in Egypt. As the story goes, it just so happens a famine came to all the land and his brothers came to Egypt looking for food.

Listen to Joseph's response to his brothers:

"God worked all this for good, to save many people alive." (Gen. 45:20)

What his brothers meant for evil, God used for good.

What a healthy narrative he had developed from really painful events!

Is Your Narrative Healthy?

People who are able to acknowledge both positive and negative aspects of their family experiences, and then are able to show how these experiences related to their later development and will walk in emotional health.

Think of my friend David's rejection struggles again (page 21) – Until David can explain how he became free from childhood rejection, he is not truly healed.

You can't just break a curse. Empathy must be found, the lesson must be learned, and forward movement must result.

This is the crucial point:

Our adult emotional maturity - how well we parent, live in community, love others – has less to do with having difficult experiences early in life and more to do with whether we've found a way to make sense of how those experiences have affected us.

- Making sense is a source of strength and resilience.
- Making sense is essential to our well-being and happiness.

What are some things you may still need to make sense of?

The Key of Empathy

Empathy is the key factor to resolving any event or memory. If there is empathy, it means love is flowing. Empathy is Father God's love in practical application.

This is really the crux of walking in love – empathy walked out.

An event must come to a place where there is empathy in order to move forward. It is about finding this empathy in any place in our past that's not peaceful and in all our present relationships.

This is where our spiritual life goes from being a good Christian idea, to something we really walk in.

People so often take a “fighting fruit” approach to finding healing. They want to break something off in prayer. They want to simply ignore negative thoughts and feelings. Maybe they even seek out an understanding of healthy life skills but they don’t combine that to facing and resolving their pain.

Narrative is the “algorithm” to freedom.

Conclusion

We all have an emotional system we operate from. Generally it is a mix between *personhood* - where there's been respect of free will - and *shame* - where personhood has been trampled on.

It is important to recognize these characteristics, because then we can begin to do something about them. Then we will see a deep maturity among believers, and people reaching their destinies.

Here is a recap of the 8 steps:

- Step 1 – What's Your Dream?
- Step 2 – Identify Your Battle – Not Going to Fight or Flight
- Step 3 – How to Discern if You are Stewarding your Heart or Forcing your Heart
- Step 4 – The Grief Model that Turns Grief into Stepping Stones to Destiny
- Step 5 – The Definition of Narrative
- Step 6 – Concepts You Need to Know to Resolve Your Narrative
- Step 7 – How Life Skills Are Recognized and Developed
- Step 8 – How to Work Out Your Narrative.

Worksheets to Help You

[Your Life Narrative Worksheet](#) – We have a worksheet you can download to help you begin understanding and editing your narrative.

[Discovery Prayer Ministry](#) -- We have a teaching series that will teach you how to resolve painful events in order to find your healthy narrative within them.

[Discovery Prayer Ministry Steps](#) -- We have worksheets to help you apply these in your personal devotions.

Supplements to the Prayer Ministry Steps worksheet:

- [Emotions quick reference sheet](#)
- [List of Shame Lies reference sheet](#)

Feedback

Email – We love to hear from you and answer all emails personally. If you have any questions on these materials or if you get stuck working through them, let us know.

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