

Exercise: write your story here:

My Story

1. Write your story; it could be as long or as short as you like.
2. Now read your story. How does it sound? Does it feel the way you expected?
3. What kind of story is it? Tragedy? Drama? Fairy Tale?
4. What kind of character is the main character? Hero, victim, martyr (someone who sacrifices and suffers so that others benefit but never gets the recognition or gratitude they deserve)? Is it someone who is always trying to please others and ends up unhappy? Someone who should have been much greater if it weren't for _____? A person who is misunderstood? A character whose greatness is thwarted by the weakness and stupidity of others?
5. Now write a story of that which most bothers you, something you would like to change, even if you think it can't be changed. If you would like feedback on any parts of your story, you may post it anonymously here in the comments on this webpage: <http://intensivecareforyou.com/your-story/>
6. What kind of story is this?
7. How would you like it to be different?
8. If there are any unwanted facts in your present or past you can't change, could you change your interpretation? Could you change the way it has affected or will affect you? Could you change how you respond?
9. Could you do something with your life now that would lend meaning to your pain and suffering? (Example: Parent of a child with autism using their experience to help other parents newer to this situation?)
10. Write a story about a time you were happy and/or successful in spite of some obstacles.
11. What helped you become happy or successful in spite of the obstacles?
12. How is this story different from your story of pain?
13. Is there anything you did that made this story different?
14. How could you do more of what worked now? Could you do something like this to transform your story of pain?
15. Finally, write your story of pain in the format of the Hero's Journey. It's okay to engage in fantasy to create an ending you desire. Here is the format of the Hero's Journey:
 - a. Introduce the main character (You, the Hero) and setting.
 - b. Describe the conflict, or difficulty faced by the Hero or Heroine.
 - c. Elaborate the struggle, the time of darkness and pain.
 - d. Make the struggle seem impossible to overcome.
 - e. Identify friends, mentors, allies who can assist or offer advice or training.
 - f. Provide the Hero with any tools, resources, or weapons they need.



- g. Create a confrontation where the Hero, now transformed with new tools, allies, or skills engages with the problem or conflict and emerges victorious.
- h. Now the main character is no longer the victim of circumstance, you are instead the hero!
- i. For help you can also view this blog post:
<http://intensivecareforyou.com/harness-the-power-of-stories-to-help-people-heal-and-get-unstuck/>

To get the free 5 day challenge to change your story and start being the hero, go here:
https://app.convertkit.com/landing_pages/216266?v=6
or find “Your Story” in the free resources section on my site,
<http://intensivecareforyou.com/resources-for-free/>

