

# Write Your New Story, Live Your Best Life

## Questions to Help You Rewrite Your Past

**Answer these questions from your heart:**

- ❖ What if what I've thought was "wrong" with me is actually a key to something unique and special about me?
- ❖ What interests, dreams, passions or talents have shown up time and again in my life? How might my experiences have helped me recognize or develop them?

**With regard to painful experiences:**

- ❖ What desirable qualities did I develop in those experiences?
- ❖ What did I learn about who I really am and what I want in my heart of hearts?

**With respect to negative patterns:**

- ❖ Is it really true that I'm repeating the same exact experience? Or might there be shifts I've made each time that I didn't take the time to notice?

**With respect to choices you made that you still regret or feel guilty about:**

- ❖ Complete this sentence with simple, basic language:

I was afraid if I did/didn't do \_\_\_\_\_, then \_\_\_\_\_ would happen.

*Example:* I was afraid if I didn't major in something "sensible" in college, my father would be furious with me and wouldn't pay for my education.

- Pause to breathe and feel your feelings, then ask:
  - Can I bring compassion to that part of me who was so scared?
  - Can I see how I've grown beyond that fear - and possibly because of it?

**One final question:**

- ❖ Looking at the arc of my life as a whole, what might be the overarching theme or themes? What am I cultivating at deeper and deeper levels (e.g., freedom, creativity, self-trust, etc.)?

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After reflecting on these questions, write a short paragraph to summarize the essence of your past, as seen and understood through the eyes of love.

### **Example:**

*I see now that I have been persistent in wanting to make a contribution and live a deeply fulfilled life. I've never totally given up on my dreams, even though I took some detours! My desire for fulfillment has been my impetus for growth and evolution. I've developed so much more compassion for myself than I ever thought was possible, and in doing that I've been able to help others do the same. I've been courageous in facing my fears and learning to move through them. I feel the themes of my life are freedom, self-trust and self-love.*

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