



Wk. 9 Practice: Dealing With Narrative Scripts

The practice for this week is to identify what narratives you got from the people in your life.

Step 1:

- Name the people who have shaped your life the most (doesn't have to just be family)
 - How did they influence you? What lessons did you learn from them?

Step 2:

- Describe some key events that shaped your life the most.
 - How did this influence you? What did you learn from this?

Step 3:

- Name the people whose lives you've helped shape.
 - How do believe you influenced them? What do you think they learned from you?

People who have shaped me:	How I've been shaped by them:
Moments that have shaped me:	How I've been shaped by them:



People I have shaped:	How I've shaped them: