

## Your Story

What is your story?

Shirley Turcotte shares her story with us through her writing and documentary ***To a Safer Place***. One of my goals in this program is to help each of you connect with your story. I know the feeling of thinking that there isn't anything interesting or important about my story.

How do we connect to our story? We began with wounds and gifts. Events that happened (fate) and what we are drawn to and inspired by (destiny). Each can open us to our unique life.

Today let's think about the family we have come from. What it was like for you growing up in your family. I would like us to pause and reflect on the 'soup' or environment you grew up in.

Take some time to inquire and connect with the child you were then, with the people you lived with. How was it with each parent and sibling? Who were you closest to? Most distant from? What were the burdens and dreams your parents carried? What was the emotional temperature in your home? Who controlled it?

What were you told about yourself? What were the expectations? Who were you supposed to become? What was your first moment of awakening?

What events changed things? A death, physical illness, loss of income, incarceration, migration, mental illness, emotional cut offs, substance abuse, Family secretes?

Please take some time to sit with you then. Begin to describe to the others in your breakout group how it was for you then. Describe the felt sense of it or simply the feel of the situations. As you do this notice the different memories, events, and felt senses. Notice what felt true and right for you even though you may not have been able to acknowledge it then.

Be aware of what is part of your story and what feels like it is someone else's.