Sacred Story
guidelines & Resources

HEALING THE HEART WOUNDS

De Yarrison & Elizabeth Leon

you are made new ministry

Getting Started

As we begin, we want to bless the courage it takes to show up for your own sacred story. We honor the step that each of you are taking to engage your stories of heartache or harm. Your presence here is such good kindness to yourself.

This course will invite you to:

- Write and share at least one story of heartache or harm from ages 4-18 to be engaged first by the faciliator and then by the group. You will have an additional opportunity to have that same story engaged later in the session or to write and share a second story.
- Be a compassionate witness of the stories of the other group members and assist in engaging their stories by sharing supportive responses and the impact their story has on your heart and body.
- Write and share a "Where I Am From" reflection for our final session. More information will be shared about this midway through the group.

What to Expect:

Story Work is about going into places the enemy doesn't want you to go and giving Jesus the keys to doors the enemy doesn't want unlocked. It is normal to feel resistance as you begin to tell the truth about your story and to move through and release emotions and lies held in your body.

It is normal to feel strong and conflicting emotion when entering your story. You may feel stuck but terrified of naming or grieving what is keeping you there. You may long for freedom and also not want to look at or feel the emotions that need to be released. You may feel a desire to run-away or hide.

It is normal to feel ambivalence or fear, but you have already named your longing and calling by being here. We invite you to trust the inspiration to sign up was from the Lord. Any obstacles or emotional barriers may be from the enemy or from your body's desire to self-protect from painful memories it has kept locked away.

Our hope and prayer is that the safety of our group, rooted in Christ and animated by the Holy Spirit, will allow your stories to be told -- for freedom and healing in Christ.

You deserve to be made new.

Week one

Lord, open the eyes of my heart. Remove the scales from my eyes that my vision may be purified and I may see myself more clearly. Bring to the surface all that you wish me to acknowledge and to name with you now. Amen.

Key components of inner healing & storywork

"The Truth shall set you free." - John 8:32

- Inner healing is rooted in God's presence, claiming the truth of our identity, and moving with the Lord into greater wholeness.

- Trauma is not only the event that happened, it is my response to it. It is what happens in me because of what happened to me.

- Trauma can be the presence of something harmful or the absence of something good that I needed and deserved.

- Story Work follows the arc of shalom: We were made for Eden, for perfect relationship with ourselves, each other & God. Only when we recognize that shalom has been shattered, and that our attempts to recreate it have left us even more broken and disconnected, can we move authentically toward the restoration of shalom and the promise of deep, lasting healing. (*Dan Allender)*

- Our heartache and wounding are stored in our bodies. Learning to regulate our bodies as we tell our stories in the presence of the Holy Spirit and attuned, compassionate witnesses facilitates truth-telling and clears a way to replace contempt, grief, and shame with comfort and kindness.

Suggested videos & podcasts

Click the titles below or scan the QR code to access.

Healing our Heart Wounds

video teaching with De Yarrison.

Trauma and the Body Workshop

The Healing Power of Understanding your Story

The Place We Find Ourselves Podcast
by Adam Young

Engaging Another Person's Story: Why & How

The Place We Find Ourselves Podcast
by Adam Young

Additional reading

Be Healed by Dr. Bob Schuchts

The Body Keeps the Score by Dr. Bessel Van der Kolk

To Be Told by Dr. Dan Allender

Redeeming Heartache by Dr. Dan Allender & Cathy Loerzel

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Story is the heartbeat of God. Stepping into significant stories in your own life will open up a desire to better know and reveal the story that God is telling in and through your story of heartache and healing.

Story writing

Before you begin, invite the Holy Spirit to be with you as you enter the sacred landscape of your story. He was always with you and is with you now. The Lord desires your healing, freedom, and restoration even more than you do.

Write a reflection from your childhood (age 4-18) in narrative (story) form and aim for 600-1000 words. Select and describe a specific experience of heartache or harm from your childhood that you feel is central & illuminating in your life. Choose a story that is a "5-7" on the trauma scale.

We often tell our painful stories from a safe distance, say, 30,000 feet. Try and "Land the Plane" so you can walk on the ground, getting as close as you can to your story & your younger self.

Be mindful of what you are saying said, but also what you are not saying. Who or what is absent in your story or your memory?

Try to get into your body and use all of your senses. You may not have a clear memory (we know trauma fragments!) so it is okay to fill in the blanks. How you do this is part of the story too.

As you write, pay attention to any strong emotion that comes up. This is likely an area or a topic that needs more comfort and care. If something feels dangerous or too painful to write about, it is need of attention and healing, even if it needs to be engaged at a later date.

Try and embrace complexity. Are you the victim of all your stories? Was your mother always wonderful and your father abusive? Are you letting someone off the hook because he/she "did the best he/she could"? What was the impact of those people who seemed to be on the sidelines of the action in your story? Have the courage to tell the truth as you remember it.

Story telling

As you read your story to the group, check in with your body. Be mindful of how you feel and pay attention to your senses.

What is stirring in you?

How did you feel before, during, and after reading your story?

Bringing a story "to life" may bring other aspects of your body and memory to life as well.

How do you feel about yourself now or your younger self in the story?

What is your posture towards her?

Your emotions and body sensations are data that the story is telling about what still needs comfort, care, attention, or healing. The dilemma is that if you dare to tell the story, you may find yourself stepping into storehouses of big feelings that have been buried for years.

To tell an untold story is to suffer the experience of remembering.

Remember, telling my story is as much about the process of revealing my heartache in the presence of an attuned, compassionate witness as it is about what I have read.

It is healing to be seen and attuned to in a way that invites truth and transformation, but receiving kindness, love, attention, and care can be painful. This is also part of your story.

Story categories

Story Work requires having the courage and humility to engage certain categories in our own stories so that we are equipped to engage them in other people's stories. While not every story will involve every category, these are common structures that are useful to be on the lookout for in story engagement. Learning about these categories can help you move through the terrain of sacred story.

BLESSING	VOWS	COMPLEXITY
GOODNESS	TRAUMA-RESPONSE	ATTACHMENT
DELIGHT	FRAGMENTATION	ATTUNEMENT
HONOR	DISASSOCIATION	ABUSE
CURSING	GRIEF	HARM
CONTEMPT	SELF-CONTEMPT	TRIANGULATION
SHAME	KINDNESS	FEAR
AMBIVALENCE	CURIOSITY	COST
BINDS	LOYALTY	

Story engagement

Your primary role in story engagement is to be humble & courageous enough to offer attunement & kindness to the story teller in the midst of their darkness.

Can we be bold enough to engage the parts of the story the story teller doesn't even know she has said?

> Be Curious
> Have Awareness of more than just words.
> Pay attention to tone of voice & body language.
> Honor the stories they are telling and the ones they aren't telling
> Pray & engage the Holy Spirit as you listen and attune to the story teller.

Story engagement (cont.)

Can we learn to see the core issues that will profit the story teller for us to engage?

- What did we see? What did we hear?
- What did we feel in our body?
- What did we notice was present or was absent?
- What keeps us from being able to see with greater clarity?
- What in our story is activated by their story?
- Where are our blind spots?
- Where do we find ourselves reluctant to take risks and where we would rather not go on behalf of the story teller?

There is an inherent BIND to story work: The story teller wants to see but doesn't want to see. We are invited to disrupt the narrative with kindness.

Four Main Focus Points

Attunement

Containment

Grief & Contempt

Shame

Attunement

I read your face, your body, your tone of voice. I bear witness to your life and try to hold all you feel without turning away. I don't rush to bless the harm done to you and I am not afraid of it. I let your story impact me and allow you to see the impact of your story on me. This is critical in allowing the story teller to begin to feel the impact of her own story. I listen with my whole body. Attuning to, and being attuned to well, can be uncomfortable. This is part of our story too.

Containment

I offer a safe place for the story teller to share her story. I honor the story, hold it within me, and sit with the story teller. Many people who have experienced trauma have never had good attunement or containment in the context of their story. Often feelings in their family of origin were terrifying or not allowed. Containment is not control, but rather honor for your body, mind, and spirit. It is freedom within boundaries. Containment allows you to be the right size for what you are feeling.

Attunement & Containment are critical. We are made for shalom, goodness, and attachment but will attach in harmful ways if we have no other options. Failure of attachment and attunement is trauma.

How was I impacted by a lack of attunement and containment in my story? How did I escape harm?

Do I fear rupture because there was never repair?

GRIEF & CONTEMPT

It is important to name both grief and contempt, but not to normalize contempt. We must learn to see it and name it with gentleness and conviction. Contempt, especially self-contempt, can be subtle. It takes time to recognize contempt but there is a cost. We may disrupt our connections when we fail to join the narrative of collective contempt. Self-contempt may be easier than grieving a need that was not met. When that contempt is engaged it will feel like you are going to DIE. Contempt will bring you power but it will not bring you LIFE.

SHAME

We unbind shame when we step into our story and our body. Engaging shame is risky because it is insidious. Can I disrupt shame and contempt with kindness? Where has there been violence against myself? Where have I turned against my longing and blamed my desire instead of those who harmed me? Can we go into the particularity of where shame exists in our stories, not 10,000 feet? Naming what is true, especially about harm and abuse, will free your heart to a certain degree but it is not enough. To extract shame and contempt at their roots you need to come close to the story.

Are you willing to bring your heartache to Jesus and allow yourself to feel it with a compassionate witness? And let the Lord love you and comfort you in your brokenness? He has truth He longs to speak over you!

Points to consider

- Resist the urge to rush to blessing and goodness, but know the Lord is ever-present to speak truth into our hearts. Stay open to times it is appropriate to pause and pray into a particular moment or lie.
- Often the storyteller cannot bear the weight of her own story. She wants to minimize and excuse. We have to be strong enough to sit in the story, even when we may be triggered.
- If the story teller becomes disregulated, stay with her. Try and engage the body (yours and hers) without leaving her, physically or mentally. She needs us to stay in the grief and contempt, even as she is desperate to escape it.
- She does not need to be rescued but needs us to be courageous enough to stay in the pain with her.
- It is risky to tell the truth about our families & to shatter hopes and falsehoods that have helped me survive.
- You may wrestle with loyalty. Honoring your mother and father never requires dishonesty. It always involves telling what is true.
- It can be excruciating to receive & accept our own goodness and glory after accumulating self-contempt.
- We have to contend with our ambivalence about being able to tell the truth about the heartbreak we have experienced.
- Sometimes easier to live in condemnation than face the grief or receive our belovedness.

This is brave & holy work. It is costly to engage your sacred story, but you are made for shalom. The Lord longs to bring you healing & restoration so you can live in His freedom, peace, and joy.

All story engagement content is summarized from materials from the Narrative focused trauma care certificate program of the Allender Center & is their intellectual property.

Inner healing and deliverance prayers

from ***Deliverance Prayers for Use by the Laity***
by Fr. Chad Rippinger

Prayer to protect faculties

Lord Jesus Christ let your Precious Blood flowing from your wounded Heart cover me, my cogitative power, memory, imagination, common sense power, sensitive appetities, my sight, hearing, taste, touch and smell (and any part of my body they are affecting) driving the demons to the foot of your Cross, where they may be judged by you. In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prayer for inner healing

Heavenly Father, I ask that your love flow upon me. May the blood of Christ cover all my wounds and restore me to wholeness of life. May the fire from Our Lady's heart now enter your servant and anoint me with the Holy Spirit and blind Satan. May St. Joseph wrap me with blessings and peace, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Precious Blood of Jesus, flow through me. Mary, Mother of Divine Love, take the precious blood of Jesus to the throne of God, the Father, and offer it in sweet and humble adoration, then send it back flowing by the Holy Spirit as a healing of body, mind, heart, and soul. Eternal Father, I offer you the wounds of our Lord Jesus Christ, the tears of the Immaculate Heart of Mary as she gazed on the suffering of Christ, and the prayers of Saint Joseph, her beloved spouse, to ask you to grant the favor of my complete and total healing.

Lord Jesus, you came to heal my wounded and troubled heart. I beg you to heal the torments that cause anxiety in my heart. I beg you, in a particular way, to heal all who are the cause of sin in my life. I beg you to come into my life and heal me of the psychological wounds that have stricken me in my early years and from injuries that they have caused throughout my life.

Lord Jesus, you know my burdens. I lay them all on your Sacred Heart. I beseech you, by the merits of the great, open wound in your heart, to heal the small wounds that are in mine. Heal the pain associated with my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, and filled with anxiety. Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner wounds that make me unable to forgive. You came to forgive the afflicted of heart, please heal my heart.

Grant that I may regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your resurrection, your victory over sin and death, your living presence among us. Amen.

Inner healing and deliverance prayers
(continued)

prayer against retaliation

Lord Jesus Christ, in your love and mercy, pour your Precious Blood over me so that no demon or disembodied spirit may retaliate against me. Mary, surround me with thy mantle, blocking any retaliating spirits from having any authority over me. St. Michael, surround me with your shield, so that no evil spirit may take revenge on me. Queen of Heaven and St. Michael, send down the legions of angels under your command to fight off any spirits that would seek to harm me. All you saints of heaven, impede any retaliating spirit from influencing me. Lord, you are the Just Judge, the avenger of the wicked, the Advocate of the Just, we beg in your mercy, that all I ask of Mary, the angels and the saints of heaven be also granted to my loved ones, those who pray for me and their loved ones, that for your Glory's sake, I may enjoy your perfect protection. Amen.

sealing prayer of protection

I ask Jesus to seal me in His most Precious Blood against any and all incursions of the evil one, in particular against any clinging, familial, familiar, or retaliating spirits, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle, be our defense against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

healing prayer

Holy Spirit, come down and reclaim my body which was consecrated to you at my baptism, filling my entire dimensive quantity, from the top of my head to the bottoms of my feet. Fill my faculties with your presence, my sense, memory, imagination, cogitative power, common sense power, intellect, will, and appetites. Take up your residence in all aspects of my body and soul, leaving no place unfilled, closing off any doors, caves, or portals to the demons, driving them to the foot of the Cross of Jesus Christ, never to return again. Heal me of the wounds of (*name the wounds)*. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Week two

The Truth of our Identity

Be curious about today's session and what it brings up for you in your own story. How we respond and engage with another's story says something about our own style of relating with ourselves and with the world.

Who am I and Who gets to say Who I am?

As we engage our stories, we will encounter the roots of some of the "identity lies" we may have been believing and carrying around with us. The invitation is to anchor my identity in God alone and the truth of what scripture says about me.

Psalm 139: 13-16

"You formed my inmost being; you knit me in my mother's womb.I praise you, because I am wonderfully made; wonderful are your works! My very self you know. My bones are not hidden from you, When I was being made in secret, fashioned in the depths of the earth. Your eyes saw me unformed; in your book all are written down;my days were shaped, before one came to be."

Isaiah 43:1

"Do not fear, for I have redeemed you; I have called you by name: you are mine."

Song of Songs 7:10

"I am my beloved's and his desire is for me."

Jeremiah 1:3

"I have loved you with an everlasting love.

We encounter the reality of our identity as beloved as we move more deeply into relationship with the Lord.

We encounter the reality of grief as we enter our stories and accept how our experience did not reflect the reality of that belovedness.

DBT SKILL: Grounding techniques are an essential component of DBT, as they help individuals stay present at the moment and manage overwhelming emotions. Grounding techniques involve using the five senses, breathing and movement, to connect with the present moment and reduce the impact of distressing thoughts and emotions.

"Remain in me, as I remain in you."
John 15:4

"...That Christ may dwell in your hearts through faith ..."
Ephesians 3:17

Christ's abiding presence in our heart is always available for us to rest with him in a safe, intimate space.

Week Two Supplemental videos

Click the titles below or scan the QR code to access.

Receive the Father's Blessing Guided Meditation	My Inner Sanctuary Guided Meditation	Claiming Truth & Prayerful Listening Video Teaching

Note: The 3rd video above is a sampling of each of the 6 sessions in our Christ-centered DBT skills course called, The CHRIST Program. Click here to learn more here.

Jesus is never surprised by our wounds.

In fact, He is hiding there waiting for us to find him so He can fill them with truth.

Week three

The Anatomy of a Wound

Emotional Wound: a core wound, often originating early in life. the raw, visceral pain that is felt, often stored in our memories and affecting our emotional responses.

Lies & Beliefs:
distorted thoughts and patterns developed to make sense of emotional wounds that negatively impact one's relationship with self, the world, and the Lord.

The Anatomy of a Wound
developed by Dr. Bob Schuchts

Inner Vow: self-imposed rules made as a protective mechanism against further pain or to cope with an emotional wound and the associated beliefs. Has the un-intended effect of keeping the Lord out of our pain.

To learn more, watch the video teaching, Healing our Heart Wounds, linked on page 4.

COMMON SPIRITS TO RENOUNCE & REJECT

ABANDONMENT
ACCUSATION
ANGER
ANXIETY
BETRAYAL
BITTERNESS
COMPARISON
CONDEMNATION
CONFUSION
CONTROL
CRITICISM
DEFIANCE
DESPAIR
DISCOURAGEMENT
DISRESPECT
DOUBT
EMBARRASSMENT
EMPTINESS
ENVY
ESCAPE
FAILURE
FEAR
GUILT
HATRED
HELPLESSNESS
HIDING
HOPELESSNESS
HUMILIATION
HURT
INADEQUACY
INDIFFERENCE
INSECURITY
INVISIBLE
ISOLATION
JEALOSY
JUDGEMENT
LONELINESS
LOST
OVERWHELM
PANIC
PERFECTIONISM
PRIDE
PURPOSELESSNESS
RAGE
REBELLION
REJECTION
RESENTMENT
SELF-ACCUSATION
SELF-BLAME
SELF-CONDEMNATION
SELF-CRITICISM
SELF-DOUBT
SELF-HATRED
SELF-PITY
SELF-PROTECTION
SELF-REJECTION
SELF-RELIANCE
SELF-RIGHTEOUSNESS
SHAME
STRESS
SUPERIORITY
TIMIDITY
UNFORGIVENESS
VANITY
VIOLENCE
WITHDRAWAL
WORRY
WORTHLESSNESS

COMMON LIES TO RENOUNCE & REJECT

I shouldn't be here.
I don't belong.
I am too much.
I am not enough.
I am a failure.
I have to do it all myself.
No one will help me.
I have to get it right.
I have to be perfect.
I can't make a mistake.
I do not have a voice.
I am invisible.
It is always my fault.
Something's wrong with me.
I am ugly.
I am unworthy.
I am a terrible mom.
I'm nothing.
I don't matter.
I'm a mistake.
I am worthless.
I am not worthy.
God won't/can't help me.
God doesn't care about me.
God's mercy/ blessing/favor is for everyone but me.
God wants to punish/is punishing me.
God is not in control.
I've destroyed God's plan for my life.
Someone/everyone is out to get me.
My life is cursed.
Bad things always happen to me.
I can't do anything right.
I'm never going to get any better.

God cannot forgive me.
I am in control.
I can fix those I love.
What I want doesn't matter.
I am worthless.
I am lazy.
I can't say no.
I should be punished.
I can't do anything about it.
I can't fight back.
I'm too weak.
It's hopeless.
I can never change.
Showing emotion means I'm weak.
If they knew the real me, no one would like me.
Their anger/abuse is my fault.
I have to earn God's love.
God has abandoned me.
God has rejected me.
God is not protecting me.
God has forsaken me.
I deserve the abuse.
The enemy is stronger than God.
No one will ever believe me.
I'm stupid - I'm bad - I'm dirty - I'm shameful.
I deserved it.
I should have done something to stop it.
I am a burden.
No one needs me.
I am unimportant.
God could never love me.
Heaven is not for me.
I am a victim.

MOVING FROM A LIE TO A VOW

A vow takes the content of a lie or negative belief and creates a rule or promise for self-protection.

The Lie	*becomes* →	The Vow
I don't belong.	→	I will never allow myself to need others.
Something is wrong with me.	→	I will never show anyone my true self.
I have to do it all myself.	→	I will never rely on anyone else.
I am worthless.	→	I will never hope for things to change.

Anatomy of a Wound
Restore the Glory
Podcast

Truth & Lies
De Yarrison
Conference Talk

The Five Keys
of Unbound
Learn more here!

youaremadenew.com

Week four

My Authority in Christ

If what you know to be true about the promises of God is not consistent with your experience, the enemy will try to convince you that you are the problem.

You are not the problem.

> ***"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."***
> *Luke 10:19*

There is a problem.

But it is not you. It is what happened to you that you tried to make sense of in your own way, and that the enemy used to wreak havoc in your body and spirit.

Our root or core stories of harm and heartache came with toxic content that we didn't know what to do with. Without a compassionate adult to help us make sense of moments of confusion, we falsely filled in the blanks.

As beloved children of God, however, and can use our intellect & our will against the enemy, paired with the power of Christ and our God-given authority through him, to take back ground we had unknowingly conceded.

> ***"Take every thought captive in obedience to Christ."***
> 2 Corinthians 10:5

By learning and practicing the process of renunciation, we can reclaim the territory in our heart that the enemy has tried to steal.

1. Pray for the Holy Spirit to reveal any lies, beliefs, or vows held in your body.
2. Renounce the lies. (Make a formal declaration in the name of Jesus Christ of your rejection and refusal to believe the lie.)
3. Replace the lie with truth. Declare your new truth boldly with authority.

What do I believe about myself that is not of God? What did others teach me about myself that is not of God?

- In the name of Jesus, I renounce the lie that I am ...
- In the name of Jesus, I renounce a spirit of ...
- In the name of Jesus, I renounce the vow I made when I said ... and I break the power of that vow over my life through the authority of Jesus Christ.

This is a practice! Learn to recognize when the enemy is at work and take action to reclaim the territory in your heart that he is trying to steal!

Prayer for Renouncing Identity Lies

In the name of Jesus Christ, I renounce the lie that (examples: "I am alone"; "I am ugly", "Nothing will ever change"; "I am not loved"; "If I trust I will die" etc.). And in Jesus name, and through the power of the Holy Spirit, I ask that you reveal the truth of my identity before the Father, where these identity lies have taken hold in my heart. Amen.

Prayer for Renouncing Inner Vows

Father, I acknowledge that I have tried to save myself rather than rely on yon for my salvation. Please forgive me for my sin of pride and self-sufficiency. I acknowledge that my effort to protect myself has left me imprisoned behind walls that keep me from freely giving and receiving love. I desire to be free of this bondage that has come as a result of my own choices. In the name of Jesus I renounce the inner vow that _____ (details of inner vows). I ask you to release me from the bondage of these vows now. Amen.

Proclaim the Truth!

After we renounce lies, we must confidently announce the truth. We declare: "In the Name of Jesus ..."

- I announce the Truth that by virtue of my baptism I am a beloved son/daughter of the Father.
- I announce the truth that he loves me so much that Jesus gave his life for me, and that there is no greater love possible (Jn. 15).
- I announce the truth that the Love of God has been poured out into my heart through the Holy Spirit.
- I announce the truth that I am loved and valued, wanted and desired, and that I am precious in the Father's eyes.
- I announce the Truth that Jesus himself promised he would never leave me or forsake me. (Heb. 13:5)
- I announce the Truth in Holy Communion I am united with Christ and the Communion of Saints. They are always with me, so I am never alone.
- I announce the Truth that God is my rock, my fortress, my deliverer and my protector (see Ps 23, 27, 91).
- I announce the Truth that God's perfect love casts out all fear (1 Jn. 4:18).
- I announce the Truth that I am safe and secure.
- I announce the Truth that Jesus did not come to condemn me but to save me I announce the truth that I am pure and worthy, not because of what I have done, but because of what Jesus has done for me.
- I announce the Truth that Jesus promised that his grace is perfected in my weakness, so that when I am weak, then I am strong. (2 Co. 12:8-10).
- I announce the Truth, that 'I can do all things through Christ who strengthens me' (Philippians 4:13).
- I announce the Truth that 'Where the Holy Spirit is there is freedom.' (2 Co. 3:17).
- I announce the Truth that my hope is steadfast in Christ, and that He makes all things new (Rev. 21:5).
- I announce the Truth that because my hope is in Christ I will not be disappointed (Rom. 5:5)
- I announce the truth that 'I am being transformed from glory to glory into the image of Christ' (2 Co. 3:18)
- I announce the truth that God is at work in me, and what he begins he will bring to completion (Php. 1:6)
- I announce the truth that the Lord gives wisdom and understanding to anyone who asks.
- I announce the Truth that I have understanding and enlightenment from the Lord."

We can change our brain through the science and research of neuroplasticity.

DBT Skill: Intentionally reframing your thoughts prompts changes in the brain neural circuitry, creating new pathways to improve emotional regulation and decrease distress. Emotion regulation is a critical part of DBT, and it involves identifying, understanding, and changing the experience of emotions. Renouncing lies and claiming truth is an intergral part of this process.

Journeying Beyond Self-Rejection Video Teaching

One Kind Word Video Teaching

Take Every Thought Captive Video Teaching

Spiritual Discernment & Deliverance Restore the Glory Podcast

Freedom from Anxiety & the enemy‘s Lies Video Teaching

Curses, Agreements, & Vows The Place We Find Ourselves Podcast

youaremadenew.com

Introduce Final project: Where I am from

My very self you knew; my bones were not hidden from you, When I was being made in secret, fashioned as in the depths of the earth. Your eyes foresaw my actions; in your book all are written down. My days were shaped, before one came to be. -Psalm 139: 14-16

Like you, I am from the great I Am. I am from the intersection of the dreams of God for my life and the reality of the flawed human beings who raised me, a broken blend of heartache, loss, hope, healing, and love.

God desires and delights in you. Who you are, your beauty and brokenness, all reveal something of the glory of God.

Who are you? Where are you from? What are the landscapes, people, smells, food, sounds, and stories that have framed you to be the "I am" that you are? What landmarks stand out from God's relentless pursuit of your heart? Where can you see the goodness of God in the midst of your story? How does this tell you more about where you are from?

How can you bless and honor who you are if you don't know where you are from? How are we to reveal the goodness of the God whose name burns in the flames of a fiery bush if we don't have a hint of our own name?

(adapted from "Who am I" by Becky Allender)

Where I am from

The “Where I Am From“ poem originated with poet George Ella Lyon and writer Julie Landsman, who created the I Am From project. It is an exploration of the people, places, and stories that helped shape our identities.

The “Where I Am From“ poem is a collection of stanzas that begin with “I am“ followed by a brief description of a person, place, or item that is meaningful in some way. There is no right or wrong to this exercise. This is a personal expression of your exploration into your own story and the memories and events that shaped who you are today, including the Lord‘s continual pursuit of your heart.

Key Points

- Reflect on stories from your family of origin
- Meditate on Psalm 139, how you are made by God in his image as a beloved son or daughter
- Begin with the following pre-writing exercise
- Aim for at least 8-12 stanzas (or more!!).
- Consider both beautiful and heart-breaking aspects of where you are from --The Truth shall set you free!
- There is no way to do this wrong!

PRE-WRITING SUGGESTIONS

Use the following categories to list specific details related to your life. The key is making this as specific and personal as possible. Use nicknames or words that only you or your family use. Don't worry about readers not knowing what you're talking about. This is your personal expression.

- **Parent's names and significant relatives**
- **Special foods or meals**
- **Family games or activities**
- **Specific songs, smells, books, or objects**
- **Phrases that were repeated often**
- **The best or worst things you were told**
- **Ordinary household items**
- **Family traditions or values**
- **Family traits or tendencies**
- **Specific ways you experienced God's presence or guidance**
- **Specific story(ies) about a family member that influenced you**
- **Accidents or traumatic experiences**
- **Sacraments or ordinary miracles**
- **Joys**
- **Special locations of memories**

From your lists, select the items you want to include in your poem. You do not have to include everything that you listed, and you can always add more categories or items to include in your reflection.

WRITING YOUR POEM

Begin with:
I am from ___.

(Fill in with one of the items you listed while prewriting.)

Continue on the next line with:
From___ and ____.

(Fill in each blank with items from your list.)

Continue with:
I am from ____ and _____.

(Fill in the blanks as you did before.)

Continue this format until you feel your reflection is complete.

This is just a suggested format. Feel free to modify as you wish! Reread your reflection and make any changes or edits. This poem can be rewritten over and over again. You may find yourself thinking about more details or memories that you can add to your poem at any time!

where I am From
by George Ella lyon

I am from clothespins,
from Clorox and carbon-tetrachloride.
I am from the dirt under the back porch.
(Black, glistening,
it tasted like beets.)
I am from the forsythia bush
the Dutch elm
whose long-gone limbs I remember
as if they were my own.
I'm from fudge and eyeglasses,
from Imogene and Alafair.
I'm from the know-it-alls
and the pass-it-ons,
from Perk up! and Pipe down!
I'm from He restoreth my soul
with a cottonball lamb
and ten verses I can say myself.
I'm from Artemus and Billie's Branch,
fried corn and strong coffee.
From the finger my grandfather lost
to the auger,
the eye my father shut to keep his sight.
Under my bed was a dress box
spilling old pictures,
a sift of lost faces
to drift beneath my dreams.
I am from those moments--
snapped before I budded --
leaf-fall from the family tree.

WHERE I AM FROM
BY DE YARRISON

I am from Avon-by-the-Sea sunshine
From cherries dropped in the sand
From ocean tides and sandy car rides

I am from family outings ending in tears
Dad not knowing when enough is enough
I am from walk-a-thons and girl scout camp
Best friends next door and Colleen's red house

I am from summer vacations on the lake in Maine
Squeeze the lemon, wild rides in the van
And Dad not listening to mom, or to anyone,
And always going a little too far

I am from feeling unheard, uncared for, seeking attention
And from getting attention in the wrong people and places

I am from rebellion and sass and from a lot of time spent grounded in my room

I am from divorce, division and depression
From addiction and co-dependence

I am from Italian family traditions
From cooking with grandma,
Walks with grandpa,
Christmas caroling with cousins

And from joy-filled Christmas mornings with Uncle Vinnie and Aunt Cecilia.

I am from protecting my siblings
Rescuing my brother from his addiction
From control and peace-keeping, and people-pleasing

I am from
I can't, I can't, I can't

From ahhh, but You can,
and You will, and You are

I am from emptying, emptying, and more emptying.

I am from receiving, receiving and more receiving

From breathing, breathing, more breathing

Thank You Jesus
You are my breath, my gift and my giver
You are my provider, my savior and my bridegroom

I am learning to be from surrender and self-gift and always love
Love is the anthem and the banner we, Jesus, wave over my life

I am from Love, with a capitol L

where I am From
by elizabeth Leon

I am from education and hard work and no bare feet in the house.

From Scranton and Toms River; from sunburned shoulders and the smell of solarcaine, my body scratchy with sand driving home.

I am from canasta and scrabble and a giant dictionary to teach you new words.

From Memo and Papa, Cita and Bum Bum – marriage and military and faith in God and country.

I am from the earthy smell of gray green lake water, the rhythmic creak of the dock rolling with the waves.

I am from picnic tables covered in plaid, daddy long legs, and musty wood.

From a horn that calls us to dinner, grace before meals, and trying to find my place at the table.

I am from tornados and pennies on the train track, coral impatiens in the window boxes, and shutters of Memo-green.

I am from words and books and Gone with the Wind, butter cookies on my pinky and fiery electric blankets.

I am from tiny glasses of juice and metal tray tables to play gin on the front porch, her voice like a lullaby.

I am from don't talk about it and don't cry about it and hide in the cupboard in the hall closet under the stairs.

I am from broken homes, broken hearts, and broken promises, but we're fine. Lock your door when Nancy gets home.

I am from houses that never felt like home and a home where I never had a room -- the creak of the steps and the smooth wood of the banister bid me good night.

I am from a sunset across a Pennsylvania lake, a sky streaked with orange, O Danny Boy, and Amazing Grace

Additional Resources:

GEORGE ELLA LYONS WEBSITE
POEM SAMPLES & FILLABLE TEMPLATE
MORE EXAMPLES OF POEMS

Week five

Attunement & Attachment

"Our greatest need as human beings is to be known, and to know that the person who knows us will be there for us." - Adam Young

Attachment Theory, developed by John Bolby, states that we are born with an innate need to establish a strong, emotional bond with a consistent and loving caregiver. Secure attachment provides a foundation of safety, security, and the basics of emotional regulation.

Your connection to your primary caregiver shaped your brain's ability to:

- Be aware of your emotions
- Regulate your emotions (calm yourself)
- Recover from distress, harm, or tragedy

Attunement is a core component of attachment. Attunement is being aware of and responsive to another person's emotions and/or needs.

In the absence of a secure, attuned caregiver, a child learns their needs will not be met, or will not be met consistently. Insecure attachment styles results.

SECURE

- Feelings of safety & trust
- Calm nervous system
- Attuned to emotions
- Grounded & supported
- Ability to form close, intimate bonds

ANXIOUS

- Needy & clingy
- Sensitive nervous system
- Difficulty trusting
- Fearful of being alone
- Tendency to react when triggered
- Ambivalence
- Struggle with unworthiness

Low Avoidance

High Avoidance

Low Anxiety

High Anxiety

AVOIDANT

- Downplays the importance of relationship
- Nervous system wants to flee
- Puts up walls to receiving attention
- Uncomfortable with intimacy
- Dismissive of care

DISORGANIZED

- Flips between clingy & distant
- Chaotic or fearful nervous system
- Unable to self-regulate
- Dysfunctional relationships
- Fearful

<u>The Still Face Experiment</u>:

Dr. Edward Tronick's 1975 experiment shows the impact of a mother's attunement on the emotional well-being of her children.

Week six

Your Style of Relating

We are made for faith, hope, and love. For Shalom.
When shalom is shattered, we begin to experience:

betrayal, powerlessness, isolation, fragmentation, numbing, and more.

We move through the world seeking shalom from the place of our wounding, as an orphan, widow, or stranger.

In what ways does your story lead you to relate to one of these categories?

ORPHAN

The orphan is betrayed & abandoned. Intentional or not, the experience of betrayal creates separation and anxiety, and leads to shame of vulnerability. A commitment to control takes root and a false self protects the inner child from pain and further harm. The trauma of betrayal and neglect fragments the orphan's ability to reason, remember, and to plan for the future. The result is hypervigilance and difficulty resting. The orphan believes she must be self-reliant and learns to desire only what she can provide for herself. The orphan is often exhausted but feels the pressure to keep going and pretend she is fine. She rarely allows herself to ask for help.

WIDOW

The widow knows the language of grief. Her ache is the unrelenting memory of what once was but she believes can never be again. The widow avoids the agony of loss. Trauma fractured her trust & degraded her desire. She is lonely and isolates, living an honorable but dull, small life with just enough satisfaction to endure. As painful as it is to reenter the rooms that hold grief, doing so is necessary for the widow to heal. A widow struggles with letting desire grow after loss. She justifies not taking the risk.

STRANGER

Strangers often feel unseen, or seen and judged. She feels ignored and has learned to live without attunement. The core wound of a stranger is powerlessness. Strangers can easily become cynical and deny their longings while justifying their loneliness. Dissociating offers temporary solace. If the orphan uses self- reliance, the stranger uses defiance. Strangers are boundary breakers who avoid the group by rejecting the customs of the status quo. They use sarcasm or meanness to get vengeance and self-protect. Envy is also a core pattern for strangers. Healing through welcome and containment is the comfort most needed.

All orphan/widow/stranger & priest/prophet/queen content
adapted from Redeeming Heartache, by Dan Allender & Cathy Loerzel

"If we don't tell our stories, our stories will tell us. Whether we revisit the past or not, who we are today is profoundly shaped by the events of our lives and our response to those events. Our stories impact us either unconsciously or consciously. It's up to us to decide whether we'll be passive recipients or active agents in the shaping of our lives."

Dan Allender & Lisa Fann
To Be Told Workbook

Once you become aware of your style of relating, you may be able to identify when you are in a negative pattern.

DBT SKILL: The STOP technique is an effective distress tolerance technique to help you pause and regulate your emotions. It involves recognizing your distress, acknowleding the emotions that are present, calming your nervous system through deep breathing, observing your thoughts and emotions without judgement, and proceeding mindfully to make a concious choice to respond to the situation.

S Stop. The first step to interrupting a negative pattern is to press pause on your thoughts and feelings and become present to yourself in the present moment.

T Take a deep breath. Feel your feet on the ground. Draw awareness to your heartbeat. Stay there for a few moments grounding yourself.

O Observe your thoughts and emotions without judgement. They are not a problem to get rid of, but a part of yourself that needs attention. It is a subtle but powerful shift to choose to be with our anxiety and distress with kindness and curiosity, and helps diffuse our emotion without dysregulation.

Being with yourself in that moment might sound like, *"Ok, here we are feeling anxious. It's ok, I see you, I get it. You are ok. You are safe. Let's take a deep breath."*

P Pray & Proceed mindfully. Listen interiorly. Turn to the Lord, always present within you, and thank Him for being with you. Take 2 or 3 slow deep breaths and see if you sense the Lord responding, either through an image that comes to mind or a sensation or feeling that arises. Be together with Jesus for a few minutes, whether or not you feel anything in particular.

Talk to the Lord or journal about the emotions that most often lead you to dysregulation. Plan how you can turn towards the part of yourself experiencing the difficult emotion rather than wanting to push it (you) away. Self-support and self-acceptance are game-changers.

Week seven

Surrender & Forgiveness

Part of our healing work includes surrendering to what didn't happen and forgiving what did.

Surrender and forgiveness make space for grief to be felt and restoration to begin.

THE KINDNESS OF GOD LEADS TO REPENTANCE

YOU CAN'T TAKE ANYONE FARTHER THAN YOU HAVE GONE YOURSELF

TRAUMA THAT ISN'T TRANSFORMED IS TRANSMITTED

YOU MUST CHOOSE: BLESSING OR CURSE

IT'S NOT JUST THE HARM DONE TO ME BUT THE HARM I HAVE DONE

"I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live..." Deuteronomy 30:17

Is it easier to curse your story than to enter the grief and make way for blessing? Is it too painful to accept that you are made for delight & honor? Where do you need to ask forgiveness for the harm you have done to yourself or others because of the harm done to you?

Forgiveness & Healing
De Yarrison Teaching

Forgiveness & Healing
Dan Allender Teaching

Forgiveness & Healing
Bob Schuchts Teaching

IN THE NAME OF JESUS, I AM FORGIVEN!

I am set free!

youaremadenew.com

Week eight

Claiming your Calling

We have tasted the goodness of the Lord in the land of the living. We have experienced delight & honor. We have received the embrace of shalom. We are invited to let ourselves be loved and to choose to live under the blessing of God, not the cursing of the harm done to us.

"You are those who stood by me in your trials and I confer on you a kingdom."
Luke 22:28

Our healing is not meant for us alone!
There is work for you to do in the Kingdom,
not despite your stories, but because of them.

Restoration leads to

CALLING

HOW IS THE MIX OF YOUR WOUNDING, GIFTING, AND CALLING MEANT TO BRING FLOURISHING TO OTHERS?

WHAT GROUND HAVE YOU CLAIMED IN YOUR STORY THAT YOU WILL NO LONGER CONCEDE? WHAT IS YOUR HELL, NO?

WHERE ARE YOU CALLED TO FIGHT FOR OTHERS <u>BECAUSE</u> OF YOUR STORY?

As baptized sons & daughters, we serve as priests through our sacrificial efforts to bring people to God. We serve as prophets through our witness to the truth in word and deed, and we serve as kings & queens in our efforts to lead others to use their talents to advance the Kingdom of God.

"The anointing with sacred chrism, perfumed oil consecrated by the bishop, signifies the gift of the Holy Spirit to the newly baptized, who has become a Christian, that is, one "anointed" by the Holy Spirit, incorporated into Christ who is anointed priest, prophet, and king."(Catechism of Cathoic Church 1241)

PRIEST PRIESTS ARE ORPHANS RESTORED TO COMMUNITY & INVITE OTHERS TO CONNECT WITH GOD THROUGH STORY, PRAISE & LAMENT

PROPHET PROPHETS CALL OUT WHAT COULD BE & WHAT SHOULDN'T BE. THEY DISRUPT & BRING HOPE

QUEEN A QUEEN STANDS IN DEFENSE OF OTHERS & ALSO CALLS OUT THEIR GOODNESS. SHE ENABLES & CREATES FLOURISHING FOR HERSELF & OTHERS.

"You have been told...what is good, and what the LORD requires of you: Only to do justice and to love goodness,and to walk humbly with your God." Micah 6:8

The Lord is birthing something new in you!
Are you prepared to be

astonished!

May we hold both grief & gratitude as we leave this sacred space.

WHERE DO I GO FROM HERE?

click the links below to learn more:

- Hope's Garden community & groups
- Inner Healing Coaching one-on-one
- In-person Restore Retreat
- John Paul II Healing Center
- Story Workshop with the Allender Center

Be assured of our prayers for you as you continue your Journey of the Beloved.

youaremadenew.com