

Six Steps to Move you Closer to the Life that You Want:

- Greg Lindsey, *The Rest of Your Story*, pp. 72-73.

1. Think as far back in your life and story as you can remember about times and moments that hurt you, then write them down.
2. Don't minimize or compare - just write them down.
3. Don't try to figure out why something hurt - just admit that it did.
4. Consider what message that moment spoke to you about you. Often, what happened in the moment is less painful than the message you received from that moment.
5. As you consider these moments, think about whether any other moments have suggested something similar to you about you. Are there themes that have been established or conclusions that you have reached about yourself in your life and story? Sometimes a moment doesn't point to anything new. It simply reinforces something you already believe to be true that you don't want to be true about you.
6. Never stop digging. We must recognize that this process is not one and done. Some this stuff is buried deep. We have to stay committed to digging.

If you want real life change, you have to discover your story *and* stay in it (and then invite Jesus to help you see you and your story from His perspective).

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