

**Everybody has a story.
What's yours?**

Bifurcation Writing Guide

"Two roads diverged in a yellow wood..." – Robert Frost

How does time affect our past and memories? What do you carry with you through time and what have you left behind? What has become so much a part of you that the moment stands out as a pivotal shift in the making of your identity?

There are so many punctuated moments in a person's life that can help tell their story, but the stories themselves don't stand on their own - it's the accumulation, the layers, the reaction of one story on top of or against another, that creates meaning. It's how two stories commingle and coalesce that gives that moment meaning and depth. So, which stories define you? Which transformed you? How? Why?

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply feel what comes up as you write. We also invite you to create a visual board (through collage or photography) to work through your thoughts in alternate ways.

1. Create your timeline (use this one or create your own on the back of this page)



2. On each intersection, write down a life event (major or minor) that had a deep impact on you in some way (did it change the way you see things, change a relationship, change you? did it open your mind to something new or different?)
3. Below each "moment," write down how it impacted you in one word. Think about whether or not you still carry that lasting impact with you to this day. If you do, circle it. If you don't, cross it out. **Stop.** Think about why these moments are crossed out.
4. With the encircled moments/impacts, what do you wish to learn from these moments so as to stop carrying it (or resisting its integration)?
5. Write down 3 things that would allow you to *leave it in the past*, so to speak.

**note: by leaving it in the past, you aren't meant to forget about it, it simply means the change has been integrated into who you currently are and you embrace that change rather than resist it. The past is malleable that way: lending its elasticity to our current perspective)*



CREATION TIME.

Read back through the whole exercise. Is there a common theme that is revealed?

Pick one of the encircled moments as your **point of departure**. Of the 3 learning moments you wrote down, pick one and use that as the first sentence of a journal entry or visual for a collage. Flesh it out until you can see it all untangle – bring it to life – see it come to life as you work through it.

Had you not experienced all of these punctuated moments, would you be who you are?

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

