

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

Unpack Writing Guide

"In my opinion it's a mark of good fortune not to have developed the type of cynicism that comes with so-called street smarts." – Rachel DeLoache Williams



Is it at all possible to live a life replete with unbound trust – that sort of sun-kissed life where social discernment proves to be an exercise in futility? We've all been on the receiving end of a lie or have been duped, so to speak, and the lasting impacts of these misfortunes can sometimes create crevices in our vessel of trust, which we then transport from relationship to relationship. With enough time and distance, that sort of cynical judgement, the suspicion or self-protection sort of integrates into our belief system. What would happen if we took a closer look at our journey so as to trace back to the moment where that first hiccup made space for that way of thinking? Would we find that we could excavate the debris it caused and patch it back up? Or would we find gratitude for the disruption, having become sharper, deeper and savvier because of it? Let's find out...

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 multi-media montage) to manifest your thoughts in alternate ways.

Unpacking exercise.

1. Go as far back as you can to the first time someone told you a lie and weaponized your innocent sense of trust against you. Write it down as in depth as you'd like.

2. Describe how it made you feel. What did it reveal about you? What perturbed you?

3. Were you the "perfect victim" for that sham? If yes, say why. If no, describe who might've been the perfect victim and what makes a perfect victim.

4. How did this moment change something about you and has that change proven to be irreversible?

5. What experiences have you had preceding this moment that have been coloured by it?

6. Moving forward, might you attempt to excavate the debris caused by this moment or might you find gratitude for it? Perhaps a bit of both?

FURTHER EXPLORATION

What does it feel like to go back to that moment and trace some of your beliefs, attitudes and feelings today all that way back to a root experience from the past? Is it helpful to reflect how one moment can transform into a behaviours you exhibit today and if so, do you believe it can help you change, shift, embrace, let go (or whatever else you wish to do)?

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.

