

Episode 12 and 13: What story are you living? Discovering your shadow story.

Notes and Reflection Questions:

Types of shadow stories

Desired outcome	Stories lived in pursuit
Outrunning	Mountain Climbing/Achievement Self-Rescue Winning/Being Right (Politics)
Comfort	Prosperity Fame
Relief/Soothing	Entertainment Addiction (Alcohol, Drugs, Sex, Electronics, Shopping/Spending)
Hiding (Blending in/ Disappearing)	Appeasement Isolation
Hiding (Reputation Management/Guarded Presentation)	Religion Perfection Chameleon (Reading the room to fit in) Performing (Humor, Getting Things Done)
Resigning	Cynicism Addiction Apathy Unresistant (Go along to get along) Victimhood

Other windows into identifying your shadow story

The Root

What all stories have in common is the two intertwined lies

- God isn't good/trustworthy/caring/loving/involved
- I'm not good enough.

The fruit of those lies is fear and shame. Shadow stories are stories fueled by fear and shame.

Symptoms of shadow stories:

- God is always on trial which means so are others...or me.
 "If God really cared, if he loved me..."
 I'm such a (loser, fool, idiot, disgrace)
 "I can't trust anybody!"
 Enemy list

- Anxiety...constant anxiety: fear at what might happen, overwhelmed by what is happening, inability to receive delight and joy, difficulty being present even when things are “going well” because it’s just a matter of time until its gone.
- Loneliness...longing to be known, seen, and heard but constantly disillusioned

The Hope

Freedom...as defined by Jesus: living by the design. You are loved, you belong, you have nothing to prove: oneness with God, harmony with each other.

We will get there. For now, though, there is a journey in front of us...things to explore and understand

Questions for reflection with Jesus:*

With the awareness you now have:

1. Exercise some intentionality in naming your shadow story (stories)
 - a. What is the “good outcome” I have been pursuing?
 - b. How am I pursuing that?
2. Who are the characters?
 - a. Is the hero is me?
3. Who are the good guys in my story?
4. Who are the bad guys?
5. Is it working? If so, what’s making it work? What if that stopped? What am I relying on for life to be good? (Example: Maybe pursuit of comfort through prosperity is working. What if the wealth disappeared?)
6. If it’s not working, why?
 - a. What is it like to live my life right now?
 - b. How am I feeling...really?
7. How are the two intertwined lies playing out in my story?
 - a. Dig into that a little:
 - i. Who have I become?
 - ii. Why am I living this way?
 - iii. Where is fear driving me?
 - iv. Where is shame driving me?

Finally, parents, with the awareness you are developing:

1. Begin observing your kids. Be a student of your kids and see if you can begin recognizing and naming their shadow story (stories).

**Remember, this is not a race and it is most certainly not something to be “conquered.” It is simply offered to help you start a journey...a life long journey of discovery and healing as you learn to live more and more fully in the true story. So, take your time and go where Jesus leads as you walk the “narrow road” with him.*