

Over 1,000 – Men and Women

The purpose of the *StoryFinder* is to help identify areas for significant personal growth.

Each of us has 6-8 specific stories/events that shaped 80% of the trajectory of our life.

look inside

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Average Score =

5.2 of 12

Between Men and
Women All Responses
Were Within +/- 2%
Unless Noted

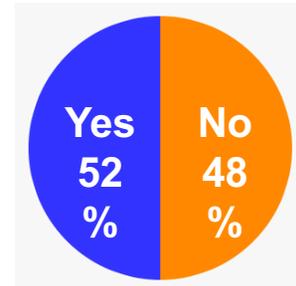


StoryFinder

#1 - Spiritual: Answer Yes, if any of these apply:

- Feelings of being a disappointment to God
- Feelings of little to no purpose
- Burdens of shame and guilt
- Beliefs that God loves others more than me
- Feelings of being alone or abandoned

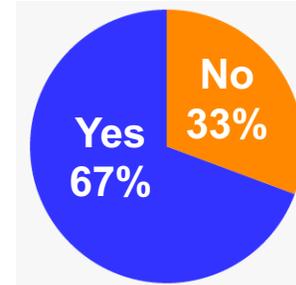
Common Roots: someone in a position of authority inside or outside your household may have used religion or religious beliefs to manipulate you or bring you shame, blame, fear, guilt or confusion rather than support, love, comfort and trust. You may have been left alone during high stress or anxiety circumstance(s).



#2 - Words: Answer Yes, if any of these apply:

- I yell, put people down or make fun of others.
- When someone else yells at or belittles others, I shy away or am afraid.
- I have a partner that is verbally abusive.
- My partner is someone who would never raise their voice, even when they should in certain circumstances.

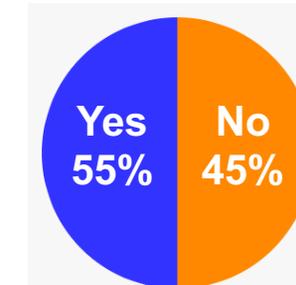
Common Roots: a parent or other person in authority... often used yelling, swearing, insults, putting down, or humiliating (make fun of) you or loved ones. Someone would speak in a way that made you feel afraid.



#3 - Anger: Answer Yes, if any of these apply:

- Anger is a common emotion for me.
- Against my own good judgement, anger seems to well up inside me during stress.
- I sometimes catch myself getting angry over small things.
- When there are even small signs of anger from someone else, I shy away, afraid and avoid them.
- I have a partner with anger problems.
- I have a partner who never gets angry who would avoid conflict during times where protection is needed.

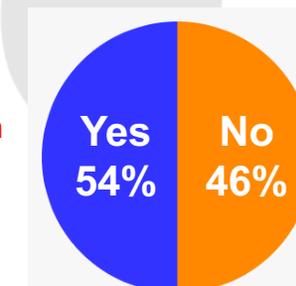
Common Roots: a parent or other authority figure may have hit, pushed, grabbed, slapped or thrown something at you or a sibling. You, a family member or favorite animal may have been hurt where they had marks or was injured or you witnessed this happen to your mother, father or other primary caregiver.



#4 - Food: Answer Yes, if any of these apply:

- I have tried several diets or health plans and then quit.
- During times of anxiety, stress or reward, I am often drawn to specific food cravings. (*ice cream, fried chicken, Big Mac, chocolate, Coke, French fries, pizza, Oreo's, buffet's etc.*)
- Sometimes I eat things to feel good, even knowing that later I will feel bad or sick.
- There are some foods I totally hate.

Common Roots: During times of boredom, stress or anxiety your family went out to eat or turned to certain foods or drinks or ate certain foods or drinks for 'fun', even though they were bad for you or even made you sick. You often or very often went out to eat to escape life. There are certain foods or drinks that make you feel good or extra special. Sometimes you were forced to eat certain things.



#5 - Loss: Answer Yes, if any of these apply:

- Am a people pleaser.
- I do whatever it takes to avoid confrontation.
- Have a fear of family or friends leaving me.
- Struggle with intimacy and am uncomfortable when someone gets too close.
- Am clingy/co-dependent.
- Alone time is difficult for me.

#6 Finances: Answer Yes, if any of these apply:

- I have a strict budget, strong feelings of security related to finances.
- My partner and I have separate bank accounts.
- Unplanned expenses are very upsetting.
- Trying to create a simple budget is painful.
- I've had a history of irresponsible spending, credit cards/debt.
- Sometimes shopping makes me feel better.

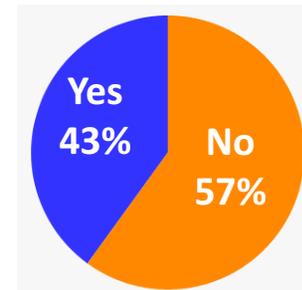
#7 Independence: Answer Yes, if any of these apply:

- I must take care of myself as no one really cares about my needs.
- I get upset when others aren't caring or are too busy.
- I struggle with self-care and feelings of self-worth.
- I live caring for others to a point where there is no time or energy to care for myself.

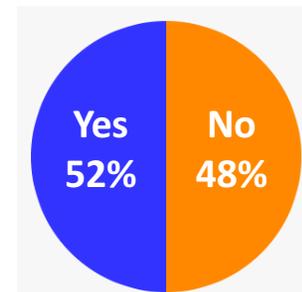
#8 Structure: Answer Yes, if any of these apply:

- I am a rule follower.
- Situations that seem chaotic or dangerous are unsettling to me.
- Even small signs of these behaviors in others push me away from them.
- I am addicted to action and only feel alive when there are things going on.
- I tend to thrive with a certain level of drama in my life.
- Quiet, peaceful time is difficult for me to stand for very long.
- I have a partner who creates chaos OR is the opposite.

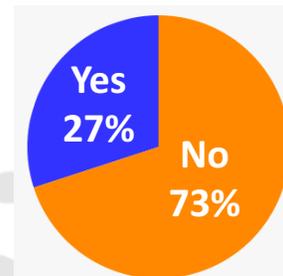
Common Roots: growing up, a parent/primary caregiver was lost to you through divorce, abandonment, separation (including temporary), or military deployment. A parent, sibling or very close loved one died. You were in a situation where a loved one might not have returned or left for two weeks or more?



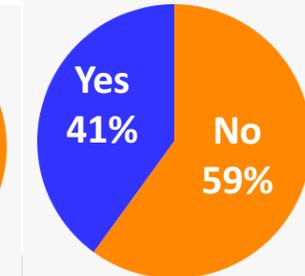
Common Roots: Financial matters growing up were negative, harmful, secretive or possibly made you feel unsafe. A family who lived 'happily' but beyond their means and it sometimes leads to conflict or distress.



Common Roots: My primary caregiver was too busy or incapacitated to take care of me. No one had the time or money to take me to the doctor or dentist when I needed it. Or were there times when we ran out of food or didn't have clean clothes or shoes to wear.

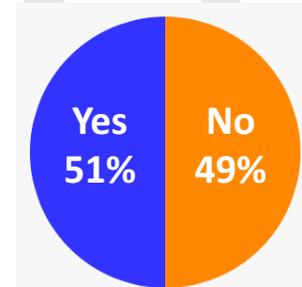


Men



Women

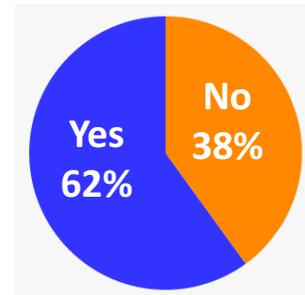
Common Roots: Lived with someone who often used alcohol, smoking, drugs or was caught up in a certain escape related addiction (such as television, food, reading, work, computers, phone etc) that left you in situations where you felt unsafe, alone or had excessive freedom for your age.



#9 Emotional Instability: Answer Yes, if any of these apply:

- I sometimes have significant or low-grade, anxiety or depression, even without a good reason.
- I have a gripping fear of making mistakes when I know mistakes are a part of life.

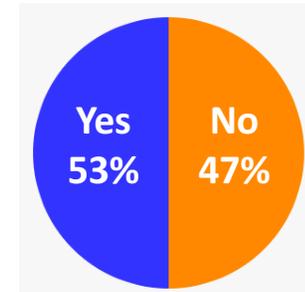
Common Roots: A parent or sibling who had depression, anxiety or an extreme desire to control people and circumstances. Having a household member that often exhibited knowingly dangerous behavior.



#10 Overburden: Answer Yes, if any of these apply:

- I am often trying to make others happy until I eventually crash.
- Life will fall apart unless I keep everything going.
- Sometimes I feel like God loves others more than me.

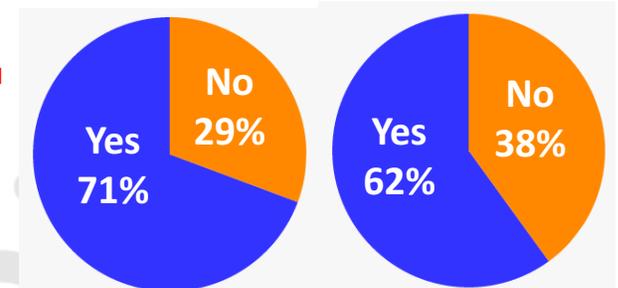
Common Roots: Was a child who felt like part of your job was to keep mom and/or dad happy. I felt like me or my siblings were favored by one or both parents?



#11 Sexuality: Answer Yes, if any of these apply:

- I have a fear of intimacy while also a strong desire for it.
- When goodness and intimacy approaches, I often sabotage the situation.
- I find it hard to communicate about sex.
- For the most part, sex is bad.
- I am drawn to sexual addictive behaviors.
- I find it easier to fantasize about others or engage with pornography than a real relationship.
- My life would be great if I just had a better sex life.

Common Roots: when growing up... Someone touched you or had you touch their body in a sexual way. You were in circumstances that allowed you to witness sexual acts live or through other forms such as pornographic materials. You were left in a state of confusion about sexuality and left to figure it out on your own. You never or rarely saw your parents be affectionate (holding hands, kissing, hugging). Was taught that sex is bad or evil.



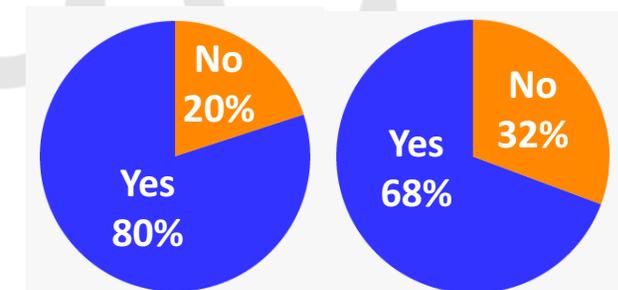
Men

Women

#12 Social Harm: Answer Yes, if any of these apply:

- I am hesitant to 'plug-in' to groups until a period of checking out members.
- When it comes to public speaking, I'd rather be in the casket than be giving the eulogy.
- I am hyper-vigilant in group settings like work environments, Sunday school, group activities etc.
- When people are laughing at, gossiping about or telling jokes about someone, it makes me uncomfortable.

Common Roots: In a group of peers such as school, church, sports, camp etc you (or a family member or close friend) experienced shame, threat or danger, was yelled at, laughed at, ridiculed, bullied, called names or experienced cruelty.



Summary:

1. “I am not the only one.”

Evil works best through pushing us toward isolation. *‘The kingdom of darkness seeks to destroy hope and get you to believe that you are all alone.’* Whether its at home, work, church, school etc you are not alone. For both men and women, the average **Yes** score is a **6.2/12**. This means that everyone you know or have met is a **Yes** to about 6 of these questions. Everyone has a story full of brokenness and beauty. You are not the only one.

2. A common thread.

Each person has stories of brokenness and harm but when there was comfort, care and truth spoken in, these events are resolved and typically heal naturally. However, we also have stories where there was no comfort, care or truth and were left ashamed, confused, afraid etc. It is in those stories that each of us come to believe certain things that have shaped our lives and leave us handicap. Many believe their life is ‘pretty good’ compared to others, but have no idea how much more their life could be.

3. Story based healing.

The primary focus of Jesus' ministry was healing. The primary method was through story and speaking truth into the stories of others. This is what we do. To better understand ‘*Story Exploration*’, we encourage you to read a few real stories in our **Story Library**.

Explore Your Story at a

Story Retreat or Six-Week Story Group