

Traversing the Minefield of Family of Origin

I" have learned in Story Work that much of our styles of relating to God and to others are often formed in our early childhood relationships, which begins with our family of origin be it our natural birth families, adoption and other key relationships. I want to offer you a resource that I have found helpful in making peace with my own story- and also to understand others as a "Story Sage". - Jodi Kozan

The Following Key points are taken from Dr. Dan Allender's "Story Sage" Workshop offered online (and in person seminars) of the chapter lesson on Family of Origin and its impact on story.

- Every story is connected in some way to our family of origin, but we are fiercely protective of our family of origin....
- Attachment theory is a good framework for what we were meant for in our families: attunement, containment, and the ability to repair rupture.
- We were meant for delight (attunement), honor (containment), and the freedom to be able to fail and not be bound to shame, contempt, or judgment (repair of rupture).
- When we experience delight (attunement), we know we are good and have goodness to offer others.
- When we experience honor (containment), we have a sense of uniqueness, security, confidence, and choice.
- When we experience the freedom of forgiveness (rupture of repair), we are liberated to return to play free of shame, contempt, and judgment.
- Where there is absence of delight, honor, or freedom of forgiveness, no matter how subtle or covert, there will be consequences.
- Part of the task of story work is connecting a person's current style of relating with the patterns and themes that have emerged with regard to their attachment history.
- Abuse doesn't happen in a vacuum, but in the very soil of the absence of delight, honor, and forgiveness we experience in our earliest attachment.
- Conversations are happening all the time that invite deeper engagement. We want to empower story people committed to engagement with one another.
- We are a part of a larger story, the story of Jesus, and in the midst of story work we get to lead each other deeper into the reality of the kingdom of God.