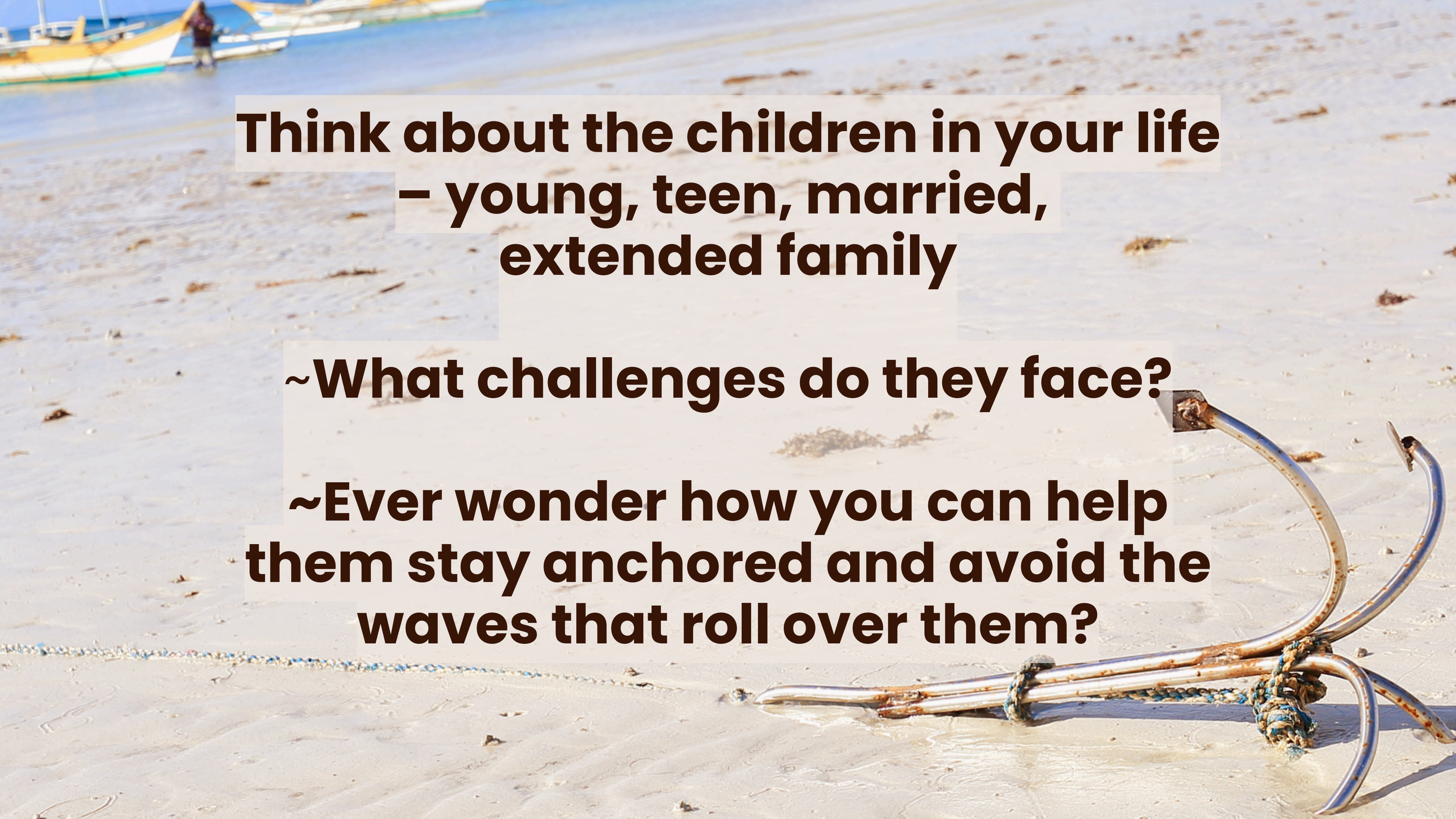
REAL STORIES REAL RESILIENCE











Think about the children in your life – young, teen, married, extended family

~What challenges do they face?

~Ever wonder how you can help them stay anchored and avoid the waves that roll over them?

Family Stories Anchor Children



Research

~ Marshall Duke & Robyn Fivush
20-question family history scale for a 2001 Study

~ Kids who knew more about their families
had higher self-esteem and sense of control

~ Terrorist Attacks on September 11 Hit

~ Retested after the Attack: Same Results




“We don’t turn to story to escape reality. We turn to story to navigate reality.”
—Lisa Cron


Kids who know
their family stories have
higher self-esteem,
less depression and anxiety,
and a stronger sense of
purpose.
Family Stories Anchor
Children


Sharing Our Experiences

DO YOU KNOW?

20-Question Scale

Do you know where your parents met?

Do you know the story of your birth?

Do you know where your grandparents grew up?


Different Narrative Styles
It was Great and Awesome
It was Horrible and Hard
It was Up. It was Down.
But We Made It.


~ Shared Experiences
~ Dynamic is that everyone jumps in and shares party of the story
~ Conversations around dinner table are perfect


Do You
Remember
When?



Using Our Author Skills

Setting

Wildly Optimistic

by Al Carraway

“By the time I got to my rental condo, it was 1 a.m. New York time.

I was so exhausted I just dead-weight face planted on the bed of a really nice rental condo on a golf course in a gated community.

I awoke at 4:30 a.m., mostly due to the time difference, and then I saw it. A bug. I killed it, no big deal.

But then I saw another one. And then another one.

And after killing a few just from lying down, I noticed the amount of blood I would see when I mushed them. I knew what that could mean.

I flung myself out of bed with my heart pounding and pulled back the covers and saw something I never want to see again.

...

Bed bugs. Lots of them. I had seventy-two bites just on my neck and face.

Dialogue

The Hiding Place

by Corrie Ten Boom

“Corrie!” she prodded.

“Oh, all right. Thank You for the jammed, crammed, stuffed, packed, suffocating crowds.”

“Thank You,” Betsie went on serenely, “for the fleas and for—”

The fleas! This was too much. “Betsie, there’s no way even God can make me grateful for a flea.”

“‘Give thanks in all circumstances,’” she quoted. “It doesn’t say ‘in pleasant circumstances.’ Fleas are part of this place where God has put us.”

And so we stood between tiers of bunks and gave thanks for fleas. But this time I was sure Betsie was wrong.

Characterization

Cheaper by the Dozen

by Frank B. Gilbreth Jr. and Ernestine Gilbreth Carey

“I have a way to teach you [Morse] code without any studying,” Dad announced one day at lunch.

We said we didn’t want to learn the code, that we didn’t want to learn anything until school started in the fall.

“There’s no studying,” said Dad, “and the ones who learn it first will get rewards. The ones who don’t learn it, are going to wish they had.” …

Every day or so after, Dad would leave a piece of paper, containing a Morse code message, on the dining room table. Translated it might read something like this:

"The first one who figures out this secret message should look in the right hand pocket of my linen knickers, hanging on a hook in my room. Daddy."

Or: "Hurry up before someone beats you to it, and look in the bottom, left drawer of the sewing machine."

In the knickers' pocket and in the drawer would be some sort of reward…

Structure

Mirrors of Jesus

by

Michelle Dennis Christensen

- **Hook: Without a great sacrifice from someone else, Martin would die.**
- **Inciting Incident: Finding out what was wrong with his health**
- **Rising Action: Life with kidney failure and the impact on family**

- **Midpoint: Meet with the Transplant Clinic**
- **More Action: Searching for a Donor**
- **Climax: Transplant**
- **Ending: Healing and beyond**

Long Form and Short Form

Memoir or Biography

- You are the subject.
- POV is first person.
- The scope is a specific defining event with support details.
- Memories, emotions, and your perspective drive the narrative.

- Someone else is the subject.
- POV is third person.
- The scope is often an entire life; but can be limited like memoir.
- Historical facts, timelines, and records drive the narrative.



Good Storytelling Technique

- Figure out what your purpose is.
- Choose what to keep and what to leave out.
- Example: My Father the Long-Haul Truck Driver

  How he maintained his faith in that environment.

  How he stayed connected to his family.
- All the other fiction storytelling techniques: audience, structure, theme, hooks, characters, setting, etc.



Short Stories and Vignettes

Vignettes from a Book

~ *A Beautiful Balance*, by Michelle Wilson

~ *Mirrors of Jesus*, by Michelle Dennis Christensen

~ *Facing the Son* by Kris Belcher

Look on FamilySearch--Retell the Story

Draw upon "Remember When...?

Involve Your Family and Let It Build

The Case of Melvin Wanzo

A high school prank my husband pulled with his cousin involving the yearbook and graduation.





My kids loved the story

Created a Facebook Page

The cousin’s family now enjoys it, too.

Daughter nearly used as master’s thesis in Folklore Studies

Sharing: From Pages to People



Long Form

Traditionally Published

~ Most publishers don't want memoirs

~ Unless you're someone famous (which you might be, so try!)

Indie Published

~ Some sell a lot; others not as much

~ But remember: who is your audience?

~ Family and posterity—maybe don't need a big sell



Short Form

FamilySearch Memories

Shutterfly Books

Compilation of Short Stories

Family Members can Illustrate

Blogs/Videos

Family Cookbooks with Stories

Time Capsule





Mirrors of Jesus

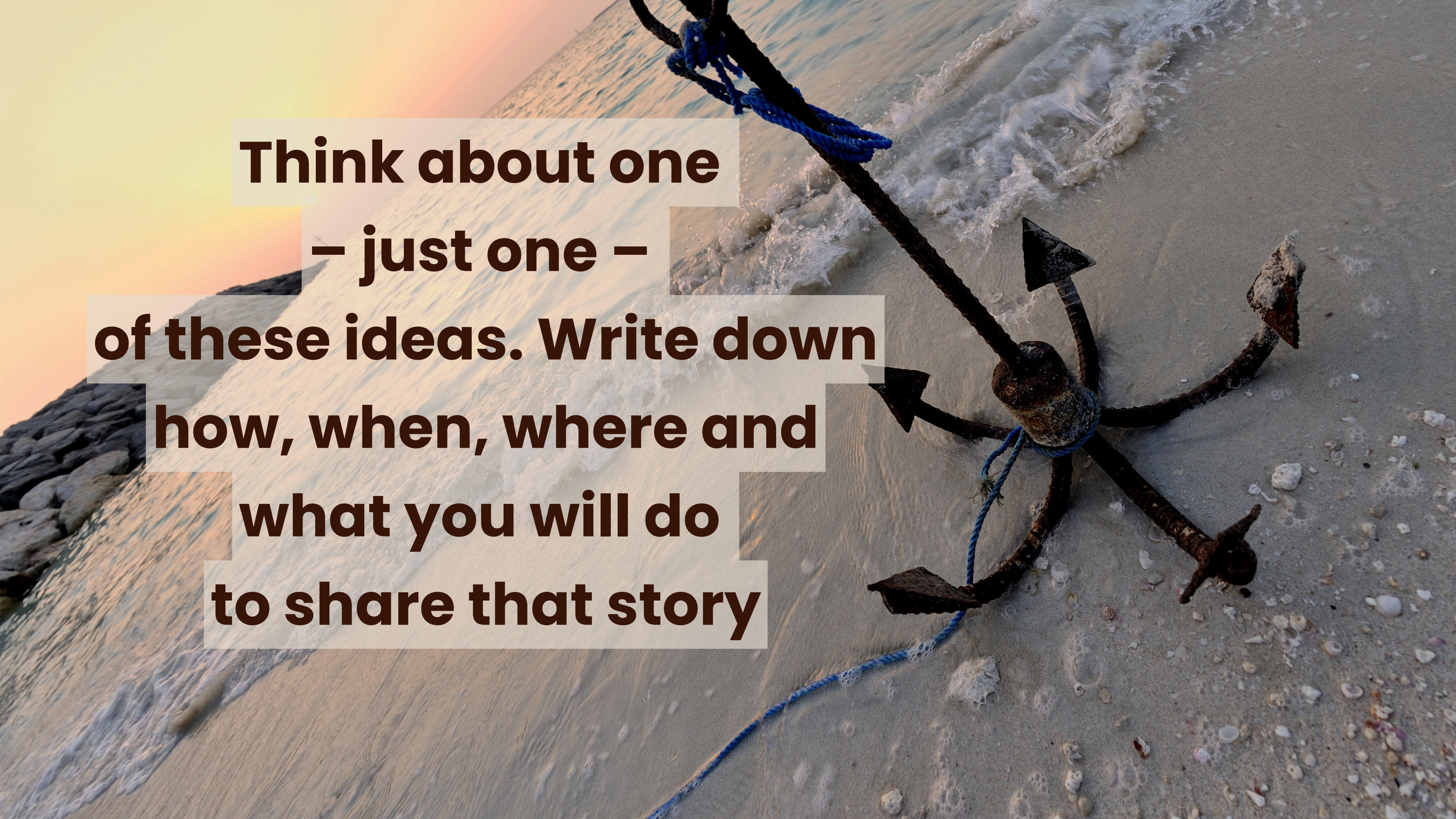
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My Goals
~~~

A Review...

My own testimony has grown because of my experience reading this book … Thank you, Mom, for this book that brought back so many memories and allowed me to understand my childhood hardships from an adult perspective. This was the book I never knew I needed.

Nikki Christensen


Think about one
– just one –
of these ideas. Write down
how, when, where and
what you will do
to share that story

THANK YOU FOR COMING



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Scan for a Copy of the Slides.

Link to the 20-Question Survey