

## Week 23 Practice

Last week, we focused on listening to the story of someone with whom we would like to cultivate true belonging. This week, we are going to focus on doing something even more complicated and challenging: we are going to tell our *own* story. This is difficult, because when we reveal our story to someone, we will be revealing more than just our truest, worthiest parts. We will be revealing *all* of it. So, this week, we are going to focus on telling our own story—the imperfect version. Begin by asking yourself several questions:

1. *In what ways is my story a broken story?*
2. *In what ways am I not perfect at being in relationship?*
3. *What mistakes do I commonly make in relationships?*
4. *How am I good at apologizing, and when am I not so good at it?*
5. *How am I working on giving and receiving love more freely?*
6. *In what ways do I need help to continue getting better at love?*

Next, after writing down the answers to these questions, identify at least one person you feel you could sit down with, show this entry to, and share the answers you wrote down. Then, schedule a get-together with one of the people you identified. You may not be able to meet this week, but make sure by the end of this week you have something on the calendar. Eventually, get together. Share your story in light of the answers to the questions above. This kind of revelation is gutsy stuff.

Belonging is built on bravery.