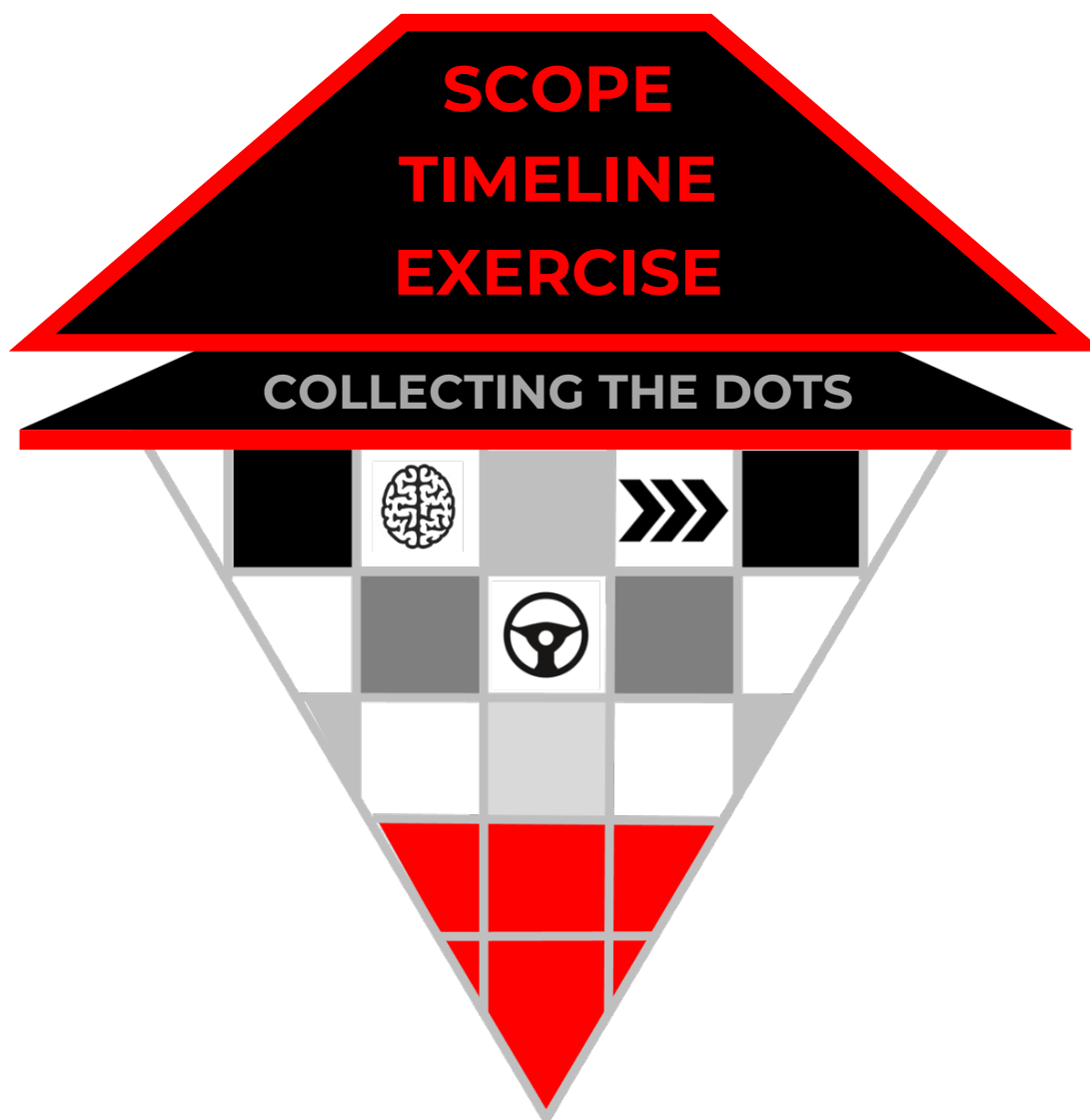


ZOE CONFERENCE 2021

Patrick Norris

FACING THE PSYCHOLOGICAL FAULT LINES IN YOUR LEADERSHIP



MY STORY: SCOPE TIMELINE (SHORTENED)

In the exercise on the next pages, reflect on life experiences that marked you positively or negatively. These life experiences should have some level emotional power to you. Give each “memory event” a short but identifiable name (i.e. My birth parents divorced).

Using the Scope Timeline example on the next page, put all your “memory events” on your life’s Scope-Timeline. Starting from the far bottom with the earliest memories on your list and moving toward the latest memories on the top.

Place all the positive memories on the right side of the midline, then all the negative memories on the left of the midline.

20+ WORST/BEST MEMORIES: Capture as many as you can. Try to get as many as 10 each of worst and best memories of your life. Remember, these memories should have some level of emotional power to you.

EMOTIONAL POWER RATING: Give each memory an emotional power rating. Power ratings are the positive and negative impacts you have experienced from the event. The Power Rating is from 1-5, with 1 being the least power and impact, and 5 being the most power and impact. On each “memory event” circle the number of the memory’s power rating.

MEMORY PROMPTERS: On pages 6-10 we have included support prompters to help jog your memory of various kinds of events that have happened. You might take a look at those if you feel stuck in reaching back for positive and negative events that have happened in your life.



STORY TIMELINE

POWER RATING: 1 2 3 4 5
#1 Least Power, #3 Average Power & #5 Most Power

⑤ My Mom began a meth addiction

I found my church ④

FOR FULL SCOPE SEE NEXT PAGE

MY STORY TIMELINE

POWER RATING: 1 2 3 4 5
#1 Least Power, #3 Average Power & #5 Most Power

- Grief, Sorrow & Loss Events

+ Nurturing, Celebrating & Positive Events
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- ③ I met my first boyfriend - sexually involved
- ④ My Mom began a meth addiction
- ⑤ My cousin sexually molested me
- ④ My Birth Parents Divorced
- ⑤ My Mom said she wished I was never born

② My Dad's Second Marriage!

② My Dad's Second Divorce

③ My Grandmother Died

I made the elite soccer team ②

I found my church ④

I came to faith in Christ ⑤

I made the cheer squad ②

I graduated HS with honors ③

I met my husband ④

I married my husband ⑤

MY STORY TIMELINE

POWER RATING: 1 2 3 4 5
#1 Least Power, #3 Average Power & #5 Most Power

- Grief, Sorrow & Loss Events

+ Nurturing, Celebrating & Positive Events
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MEMORY PROMPTERS

1. **Your Personal Birth**
2. **Your Adoption / Foster Care Transfers**
3. **Birth of Siblings**
4. **Arrival of New Members to Home Life**
5. **Schools**
6. **Moves to New Homes**
7. **Significant Relationships**
8. **Personal Jobs**
9. **Social Group / Geographical Changes**
10. **Family System Changes**
11. **Deaths**
12. **Personal Accidents / Health / Illnesses**
13. **Financial Changes**
14. **Catastrophes**
15. **Witness of Other's Suffering**
16. **Personal Addictions**
17. **Family Addictions**
18. **Social Rejections**
19. **Boundary Failures**
20. **Abuses Perpetrated on You**
21. **Romantic Interests**
22. **Marriages/Divorces**
23. **Awareness of Single Status Stigma**
24. **Children**
25. **Children's Highlights**
26. **Spouses Job Changes**
27. **Spiritual Awakenings**
28. **Significant Personal Growth / Spiritual Growth Experiences**
29. **Churches / Spiritual Family**
30. **Sorrows / Griefs / Losses**
31. **Other Life Changes**
32. **Weight Gains / Losses**
33. **Goal or Dreams Failure / Delays**
34. **Leadership Skills Developed**
35. **Happiest Moments in Life**
36. **Great Experiences**

MEMORY PROMPTERS DEFINITIONS

Below are categories of life events with examples to inspire your recall of memories.

- **Your Personal Birth** - Stories surrounding your birth. Where you unwanted? Was it a stressful birth season for your parents?
- **Your Adoption / Foster Care Transfers** - Memories of transfers to your new families. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Birth of Siblings** - Memories of each sibling's birth, both stories before and after you. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Arrival of New Members to Home Life** - Memories of people who moved into your home, like grandparent, cousin, friend, adoptive/foster sibling, nanny, maid. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Schools** - Memories of both beginning and graduating schools, like preschool, elementary, middle/junior high, high school, college, masters, doctorate. Was there a powerful impact on your emotions from these events? Is there more to this story that affects you today?
- **Moves to New Homes** - Memories of address changes from childhood, through marriage, till today. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Significant Relationships** - Memories of meeting significant friends, pastors, therapists, mentors and mentees that have since change your life. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Personal Jobs** - Memories of first, second and all other jobs. Date of any terminations. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Social Group / Geographical Changes** - Memories of parent's job transfers, school transfers, neighborhood transfers, team/club transfers. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Family System Changes** - Memories parents divorced, a parent remarried, arrival of a toxic step-parent, arrival of toxic step-sibling. Date you began living on your own. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?

MEMORY PROMPTERS CON'T

- **Deaths** - Memories of deaths of parents/children, grandparents/grandchildren, other relatives, friends, friend's parents, teachers, pets, or people you heard/read about that affected you. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Personal Accidents / Health / Illnesses** - Memories of significant car accidents, recreational accidents, animal attacks, broken bones, specific illnesses like cancer or diabetes. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Financial Changes** - Memories of financial windfalls or downturns that have affected your life, plans, emotional stability, or skill development. Dates of increased pressure to financially provide for your family of origin or present family unit. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Catastrophes** - Memories personally impacted by earthquakes, tornadoes, floods, hurricanes or other natural disasters. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Witness of Other's Suffering** - Memories you witnessed other people's suffering like their accidents, suffering illness and physical decline, victimized in abuse, or moments of worldwide terrorism that affected you. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Personal Addictions** - Memories when you were introduced to what would become a personal addiction. If you struggle with multiple addictions list the dates you were introduced to each one. Also list dates of all destructive moments from the addiction, both painful for you and the people in your life. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Family Addictions** - Memories of when you experienced impactful pain, sorrow, abuse from family members own addictions. Dates you found yourself trying to fix the addict, covering up for the addict, being blamed by the addict. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Social Rejections** - Memories you experienced moments of impacting neglect, betrayal, feeling unnoticed, feeling undervalued, feeling unjustly accused, humiliations, significant embarrassments. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Boundary Failures** - Memories regarding impressed memories of people disregarding/disrespecting your desires and wants, forcing their wills and desires unjustly upon you. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?

MEMORY PROMPTERS CON'T

- **Abuses Perpetrated on You** - Memories of significant abuses like verbal, emotional, physical, or sexual abuse. Dates of when people made credible threats to harm you, impacting you emotionally. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Romantic Interests** - Memories of impacting dating experiences, breakups, rejections, first kiss, sexual encounters, sexual boundary violations, rape, sexual regrets, awareness of gender attraction and identity curiosity. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Marriages/Divorces** - Memories of proposals, wedding days, separations and divorces. Dates of courtship impactful experiences, or honeymoon experiences. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Awareness of Single Status Stigma** - Memories you became aware of emotional experiences with being single/unmarried. Date you lost hope of being married. Date you became contented with status. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Children** - Memories of difficult pregnancy experiences, difficult labor experiences, difficult hospital or home birth experiences, miscarriages, birth of children, dates of adoption or foster children arrival. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Children's Highlights** - Memories of children's graduations from various schools. Dates they left to live outside the home. Date you experienced having an "empty nest." Dates of children getting married or having their own kids/your grandkids.
- **Spouses Job Changes** - Memories of spouse's first, second and all other jobs. Date of any terminations. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Spiritual Awakenings** - Memories you came to faith in Christ, encountered God at church camp, heard an impactful preaching message that changed your life. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Significant Personal Growth / Spiritual Growth Experiences** - Memories of life-changing growth experiences like when you went to an impactful conference, read an impactful book, learned a life-changing truth, found an impactful skill-group, learned an impactful skill, improved in personal growth, developed in spiritual disciplines. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?

MEMORY PROMPTERS CON'T

- **Churches / Spiritual Family** - Memories of finding my church, leaving church, finding new church, when you left church and didn't return. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Sorrows / Griefs / Losses** - Memories of any other categories of impacting sorrows, griefs and losses. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Other Life Changes** - Memories of any other categories of life changes. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Weight Gains / Losses** - Memories of significant weight gain or loss. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Goal or Dreams Failure / Delays** - Memories of significant goals/dreams were unrealized. Dates like when you didn't make the sports team, you were held back a grade in school due to bad grades, or you were turned out of the music program, or you didn't get the lead in the school play, or other life-dreams were delayed or died. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Leadership Skills Developed** - Memories you acknowledged you had credible skills and experiences to mentor others in various areas of life or business. Dates when you began being a mentor to specific people. Dates you led others into significant life-change. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Happiest Moments in Life** - Memories of goals/dreams realized. Dates of victories, accomplishments and celebrations. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?
- **Great Experiences** - Memories of great experiences like when you bought your first car, or when you went on a vacation to Europe, or skydived from plane, etc. Was there a powerful impact on your emotions from this event? Is there more to this story that affects you today?