

H O M E W O R K • C H A R T E R S E C T I O N 1 . 1

My Three Markers

The three scenes that shaped who you became

WHY THESE THREE • Dan McAdams • *The Stories We Live By*

After 40 years of research into how people construct identity, psychologist Dan McAdams identified three specific kinds of memory that carry more weight than any other in shaping who we become. He calls them **nuclear episodes** — not because they were the biggest events in your life, but because of the *meaning you made from them*. Your peak tells you what you were made for. Your valley tells you what you were made of. Your turning point tells you when you became the man you are now.

Dan Allender adds the theological dimension in *To Be Told*: these scenes are not merely memories. They are invitations — God is still speaking through them. You are not writing autobiography. You are doing discernment.

WHEN

Before the next session.
Spread across two sittings if helpful — not all at once.

HOW MUCH

Three sentences per marker. No more. We are planting seeds, not writing the full story. That comes in Sessions 4–5.

PRIVATE

These pages stay with you. Nothing is read aloud tonight. They become seeds for the story work that follows.

1

Peak Moment

A time you felt most fully alive — most yourself, most capable, most in your element.

What was happening? What made it a peak? What does it tell you about who you were made to be?

2

Valley Moment

A defining hardship — something that broke, or threatened to break you.

What happened? What did it cost you? What — if anything — did it forge in you?

3

Turning Point

A moment when something changed — a decision, a loss, a word, a meeting.

What was the before? What was the after? What is different about you because of it?

WHAT HAPPENS NEXT

Bring these pages to the next session. You may expand them between now and then — adding detail, names, places, dialogue — but do not edit them. Expand only. Sessions 4 and 5 will use these three scenes as the foundation for the full McAdams narrative interview — mining them deeper, finding the arc, and placing them into Charter 1.1.

CHARTER 1.1 • MY STORY

These three markers are the raw material for Charter Section 1.1. They are not the finished section — they are the excavation that makes the writing possible.

McAdams: *identity is not what you did — it is the story you tell about what you did.*

Allender: *these scenes are invitations. God placed them in your life to be read.*