

CREATING CHARACTER FROM MY HEART: Blessings and Therapeutic Outcomes

with Dr. Kixx Goldman

EMOTIONS and MEANING: TELLING THE STORY YOUR PLOT DOESN'T *IMPORTANT QUESTIONS FOR OURSELVES AND OUR CHARACTERS*

“What shapes and gives our lives meaning are not the things that happen to us but their significance. Life lessons, revelations, changes and growing convictions are what we think of when we ponder who we are.”

Maass says, in essence, when we write about the significance and meaning of things the page becomes charged with electricity, because it's telling the story that your plot doesn't.

Part 1

I'd like to get to know you. I mean really know you. Would you do me a favor?

Please fill in this questionnaire:

Date of Birth:

Hometown:

Elementary School:

High School:

College/Major:

Occupation:

Date of marriage:

Religious affiliation(If applicable):

Awards/honors:

Hobbies/interests:

Thank you! Now we're like old friends, right? Wait, were not yet? What did I miss? Oh yeah, all the important stuff. What I didn't ask about are the events that have shaped you into the person that you are today.

I know nothing of the meaningful life events that do not appear on your resume'.

PART 2

To truly know you I have to ask questions like these:

What's the first thing you remember making you truly happy?

When and how did you discover that life isn't fair?

Who first broke her heart?

What accomplishments prove to you that you can do anything?

When did you decide to grow up?

What did you learn about yourself and your 20s?

How did you change in your 30s?

What's been your biggest sacrifice?

What was the most romantic night of your life?

Who have you loved beyond reason?

What disgusts you?

What food can't you resist?

If you ran the world what's the first thing you would change?

What's the biggest thing left on your bucket list?

(compliments of Donald Maass, *The Emotional Craft of Fiction*)

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