

The Seven Passages

A guided reflection for anyone carrying a story they've never told whole

What happened to you is permanent. What it means is not.

Before you begin: this is a reflection, not therapy. If any question touches something that overwhelms you, stop and take care of yourself first. And if you're in crisis, please reach out now: call or text **988** (Suicide & Crisis Lifeline, 24/7). Veterans: dial 988, then press 1, or text 838255.

Why passages?

Every life is a story, but almost nobody has read their own — start to finish, in order, honestly. We carry it instead as fragments: a memory that flashes, a feeling in the chest, a pattern that keeps repeating and won't say why.

The Seven Passages are a path through your story in the order that reveals its shape. You can walk them here, in miniature, with a pen and twenty quiet minutes. Each passage asks two or three questions. Don't write what sounds good. Write what's true. Nobody is reading this but you.

One idea holds all seven together: **what happened to you is permanent — what it means is not.**

PASSAGE I

Origin

Where your story begins: not with what you did, but with what surrounded you.

What did "normal" look like in the house you grew up in — and when did you first realize other houses were different?

What did you have to be, do, or hide to feel safe there?

Who saw you — actually saw you — when you were young? If no one did, when did you first notice that?

PASSAGE II

Formative Fractures

The moments that shaped you. Not a highlight reel — the load-bearing ones.

What is the memory you steer around in conversation? Name it in one sentence. Just one. It doesn't need details yet — it needs existence.

When it happened, what did you decide about yourself? (These decisions are usually short and brutal: *I'm on my own. I'm too much. I should have stopped it.*)

How old was the person who made that decision? Would you let a person that age make any other permanent decision about your life?

PASSAGE III

Identity Formed

The armor you built. It worked — that's why you're here. But armor outlives its war.

What are you known for — reliability, toughness, humor, invisibility — that started as protection?

What does that armor cost you now? What can't get in through it? What can't get out?

Finish this honestly: "People think I'm ____, but underneath it I'm mostly ____."

PASSAGE IV

The Shadow

The hardest passage, and the one that makes the rest true: where you caused harm.

Who was hurt by the version of you that was surviving? Name what happened without a single word of excuse — and without a single word of self-destruction. Just true.

What's the difference between the influence you were under and the responsibility that is yours? Draw the line carefully. Both sides of the line are real.

If guilt is unemployed pain, what job could yours do? What repair — direct or paid forward — is actually available to you?

PASSAGE V

Pattern Revelation

Where the fragments become a thread.

Look at your three hardest chapters side by side. What's the one lesson knocking in all of them?

What situation do you keep re-entering — different faces, same script? What's the role you always end up playing in it?

If your pattern could talk, what is it trying to protect you from? Is that danger still real?

PASSAGE VI

Identity Upgrade

The choosing. Not who you should be — who you decide to become.

Write the old sentence your life has been obeying (you found it in Passage II). Now write the truer sentence the adult you knows. Put them side by side.

What would the new sentence change about how you act this week — not someday, this week?

What's one thing the old you would never do that the becoming-you does anyway?

PASSAGE VII

The Embodied Future

Not a wish. A forecast, earned by everything above.

It's three years from now and the pattern is broken. Describe an ordinary Tuesday — sensory, specific, boring in the best way. Where do you wake up? Who's near? What's absent that used to be everywhere?

Who benefits from you becoming this — children, partners, people you'll never meet?

What's the first sentence of that future's story? Write it in present tense.

What you just did

If you wrote even half of this honestly, you did something most people never do: you read your own story in order. You may have noticed things connect that you thought were separate. That's not a trick — that's what stories do when they're finally told whole instead of carried in pieces.

And you may have noticed something else: the questions kept wanting to go deeper, and a worksheet can't follow you there. A worksheet can't ask the follow-up question. It can't slow down when a chapter gets heavy, or remember what you said an hour ago and hand it back to you transformed.

That's what we built the Scribe for. **Rewrite Your Story** is these seven passages as a guided conversation — a patient, literary listener who draws your whole story out of you and returns it as a real, printed 200–300 page memoir in your own voice. Your traumas reframed, not denied. Your pattern named. Your future written like it's already true. And every copy purchased gives the identical journey, free, to a veteran, a woman starting over, or someone in recovery.

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What happened to you is permanent. What it means is not.

If anything here stirred more than you can hold alone, please bring it to a professional — that isn't weakness, it's wisdom. In crisis: call or text 988.