

The Relate Podcast | Origins Show Notes

About the RELATE Podcast

Thanks for checking out the RELATE podcast, where we explore how to do life better by building better relationships. Join host Casey Sundstedt and friends September Vaudrey and Tyler Hoff for a conversation about all things relationship—friendships, co-workers, marriage, family, and more. You'll be challenged and encouraged by fresh concepts that make your relational world richer and more rewarding.

Explore the show notes, where you'll find discussion questions so you can continue the conversation with friends. You'll also find resources, quotes, and next steps to help you take the concepts a little deeper.

About the Series: Origins: Your Past Is Present

Host Casey Sundstedt welcomes author and content developer, September Vaudrey, and creative, Tyler Hoff, as we explore how the families that raised us helped shape who we are today—and how both the beautiful and broken parts of our stories show up in our relationships. Learn to identify when your past is present—so you can:

- Lean into your greatest strengths
- Break free from unhelpful, outdated relational patterns
- Bring your best self to every relationship.

Episode 01 | Origins—Four Common Responses to Avoid

Episode 01 | Summary

Today we explore why it matters that we examine the years we spent growing up in our families of origin years—and how those years marked us, both in beautiful and in broken ways. We'll discuss four common ways we resist doing this important work.

Episode 01 | Discussion Questions

1. When it comes to unpacking your family of origin story, do you identify with any of the responses discussed in today's podcast? If so, which ones?
1. Who are the main characters in your family of origin? Have they been mostly easy or mostly challenging?
2. What hesitations or fears do you feel when it comes to exploring your family of origin—by yourself or with others?

Episode 01 | Gallery



- “The past is never dead. It’s not even past.”—William Faulkner, *Requiem for a Nun*
- “I am better off healed than I ever was unbroken.”—Beth Moore

Episode 02 | Origins—Three Symptoms that Help Us Identify When Our Past Shows Up

Episode 02 | Summary

Today we are looking at how to notice when our past shows up in our present relationships. What are the warning signs? What do we look for?

Episode 02 | Discussion Questions

1. How do you react when triggered? Are you an over-reactor or under-reactor? How might this connect to your story?
2. What patterns do you see in how you handle conflict, the type of people you are drawn to, and how your relationships end?
3. What unmet need(s) from your upbringing are you carrying into your relationships today? How might you get them met in healthy ways?
4. How do you feel when you hear the invitation, “Be kind and courageous”?

Episode 02 | Gallery

- For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.—Isaiah 41:13
- While we cannot undo what is done, we can see it, understand it, learn from it, and change. So that every new moment is spent not in regret, guilt, fear or anger, but in wisdom, understanding and love.—Jennifer Edwards
- Kindness without courage is cowardice. Courage without kindness is violence. We need both/and.

Episode 03 | Summary

Today's topic is a fun one: We're talking about the positive parts of our stories—those experiences, memories, or words that developed some of our greatest strengths, and how those beautiful parts of us help our relationships.

Episode 03 | Discussion Questions

1. What positive threads can you trace back to earlier generations in your family?
2. What positive traits do others affirm in you?
3. How do your most beautiful traits and your positive beliefs about yourself show up in your relationships?
4. Is it easy or hard for you to view your value as a loved and valued child of God? Why?

Episode 03 | Gallery

- If we don't look at our past from both angles, our insights will be accurate but incomplete.
- Psychologist & bestselling author Daniel Taylor: "Your stories have shaped how you see yourself, the world, and your place in it."
- See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!—1 John 3:1
- For we are God's masterpiece, created to do good works which God prepared in advance for us to do.— Ephesians 2:10
- See, I have engraved you on the palms of my hands—Isaiah 49:16

Episode 04 | Origins—Healing the Negative Inputs in Our Stories

Episode 04 | Summary

Today's topic is fascinating: We're talking about the challenging parts of our stories—how each of us, even from the best of families, picked up a few painful or wounding “inputs” along the way. And how we can look inward, outward, and upward to spot those negative inputs that can show up in our relationships.

Episode 04 | Discussion Questions

1. How do you respond to the invitation to be kind to yourself in your story? Is that difficult or unnatural for you? Or is it easy? Why?
2. What roles or patterns come to mind that you picked up as a child that you need to shed in adulthood because they no longer serve you?
3. How do your negative beliefs about yourself show up in your relationships?
4. What message or mantra can you replace them with that will rewrite a better plot for you?

Episode 04 | Gallery

- We cannot heal that which is not exposed.
- “If your present life story is broken or diseased, it can be made well. Or, if necessary, it can be replaced by a story that has a plot worth living.”
- What happened to you was not your fault. But healing is your responsibility.

Episode 05 | Summary

Today's topic gets personal: We're talking about why we need other people to speak into our stories. What value to they bring? What kind of people are we looking for—and how do we know when we find them?

Episode 05 | Discussion Questions

1. We talked about three things that outside people offer us as we explore our stories: Gift of presence, Outside perspective, and Validation of your experience. Which of these three do you most need?
2. What input would be most helpful for you in this season: People who knew you then? Or people who know you now?
3. Who are the wise people—with your best interest in mind—that you can ask to help you “see your own face”?
4. From StratOp's Four Helpful Lists (Right, Wrong, Missing, Confused), which category do you tend to resist? Which category excites you the most? Why?

Episode 05 | Gallery

Proverbs 12:15 The way of fools seems right to them, but the wise listen to advice.

Every writer needs an editor.

- Maya Angelou: “There is no greater agony than bearing an untold story inside you.”
- Psychologist and bestselling author Dan Allender: “I need you for I cannot see my own face.”
- You can't get where you want to go until you're clear on where you've been.
- David Richo, When the Past is Present “Our wounds are often the openings into the best and most beautiful part of us.”

Episode 06 | Origins—Tools for Maximizing Both the Beautiful and the Broken Parts Of Our Stories

Episode 06 | Summary

Today we conclude this *Origins* series with a look at how our past affects more than how we view ourselves and how we relate to others; it also colors our experience with God.

Episode 06 | Discussion Questions

1. When you think of different attributes of God, which one(s) resonate most with you? Are they positive or negative? Which one(s) do you resist? Why?
2. We talked about four places we can get curious, to identify where our lenses of God might be distorted:
 - What did it take to gain approval in your family?
 - What characteristics of God most resonate with you—and which ones do you resist?
 - How do you view your father (or primary parent)?
 - And how did you best receive healthy love as a child?Of these four places to get curious, which would be most helpful for you in this season?
3. What faulty assumptions might you be making about God—or your relationship with God? What's the “reality” you can claim to replace that faulty assumption?
4. What is one practice you can engage in this week to “wear undistorted lenses” as you connect with God?

Episode 06 | Gallery

- Maya Angelou: “Stand up straight and realize who you are. That you tower over your circumstances. You are a child of God. Stand up straight.”
- 2 Samuel 7:14 “I will be a Father to you and you will be my sons and daughters, says the Lord Almighty.”
- Internationally known psychologist and author David G. Benner: “Self-acceptance always precedes genuine self-surrender and self-transformation.” (The Gift of Being Yourself: The Sacred Call to Self-Discovery)
- Maya Angelou: “Do the best you can until you can do better. Then when you know better, do better.”
- **Pass better batons.**
- **You know too much to do nothing.**

Resources for Further Learning

PODCASTS

Typology: Challenging Your Narrative with Ryan Stevenson, January 31, 2019 (link?)

Note: This podcast is an intersection of the Enneagram and family of origins. If you're not familiar with the Enneagram, no worries. This podcast is still super helpful. Listen to Ryan as he processes his own story—and discovers messages he believes about himself that aren't true, but feel true.

BOOKS

- *To Be Told: Know Your Story, Shape Your Future*—Dan Allender
- *Tell Me A Story: The Life-Shaping Power of Our Stories*—Daniel Taylor
- *The Gifts of Imperfection*—Dr. Brené Brown
- *The Gift of Being Yourself*—David G. Benner

VIDEO

- TED Talk: [“The Sibling Bond”](#)—Jeffrey Kluger

MUSIC

- “You Say”—Lauren Daigle
Note: How does God see you? Take a listen to Daigle's lyrics on Pandora, iTunes, Spotify, or wherever you source your music—and invite a different perspective from what you might currently believe about God's view of you.

BLOGS & ARTICLES

- [“How Fathers Affect Our View of God”](#)— *The Father Swap* blog with Ken Stephens

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