Branching Points in Your Life

Branching points are turning points in our lives – the events, experiences, or insights that have significantly affected the direction, flow and the shape of our life journey in important ways. Branching may be big events, such as marriage, travel or a move to a new place. Or it may be small events, such as reading a book or going on a hike. Big outcome may be small beginnings.

We may have more than one or two branching points in our lives.

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The following questions are to stimulate our memories about events in our lives. As you read them, think about the one that opens a window or windows into your past. These questions will not mean the same to another person. Remember it is your unique life you are writing about.

You can write entirely differently from the questions.

Go where your memory takes you and what you are comfortable sharing.
Place the turning point along a time dimension, the timing of an event is often very important. Did it happen too soon? Were you too young? Did it happen too late? Were you too old?

Who were the significant people involved in the turning point?

Father, mother, spouse? Was it you alone? Often one notices that it is the same people again and again in our life turning points.

What were your feelings and emotion that you experienced at the time the branching occurred?

What was the earliest branching point in your life? What happened and why was it important? How old were you?

Who influenced the direction of your life in a major way or were other people also involved?

Were there any important environmental events, such as tornadoes, fires, floods or automobile accidents that changed your life?

Were there lucky events, such as winning a lottery, getting a new job, or falling in love with the right person that had a positive influence on the direction your life took?

What are the negative events (divorce, death or illness) that influenced your life and caused it to branch?

Did moving from your family home or a change of school influence your life?

Did changing a job change your life?

What branching points in your life are you responsible for? What was the outcome, good or bad? What emotions do you experience as you think about the turning point now?