

REMEMBER PRACTICE GUIDE

Understanding the Story That Shaped Your Survival

We can't heal a pattern we don't understand.

Purpose of this guide

Remember is the second movement of the Renovi Flow. It helps you slow down long enough to understand where a reaction, protective pattern, or relational cycle may have come from. Remember is not about blame, rumination, or living in the past. It is about bringing your story into the light with honesty, compassion, and responsibility.

Use this guide when a reaction feels bigger than the moment, when a familiar pattern keeps repeating, or when you want to understand what your protection may be trying to guard.

REVEAL Name what is true now	REMEMBER Understand how you got here	REFRAME See with truer eyes
REPAIR Return after rupture	REHEARSE Practice a healthier way	RENEW Live from connection

Remember is not...

Not blaming. Your story matters, but it does not remove responsibility.	Not rumination. The goal is not to rehearse resentment or relive pain.
Not excusing. Understanding a pattern does not make it harmless.	Not rushing. Tender material needs wisdom, safety, and support.

A sentence to hold

This reaction makes sense in light of my story, but it does not have to rule my relationship.

THE REMEMBER PRACTICE

Notice. Trace. Name. Honor.

1. NOTICE What keeps happening? Where do I keep getting stuck? What is my familiar protective move?	2. TRACE Where did I learn this response? When did this first start making sense?
3. NAME What did this teach me about myself, others, love, trust, conflict, needs, or God?	4. HONOR What was this response trying to protect - safety, dignity, belonging, voice, love, or peace?

Begin with one pattern

Choose one recurring reaction or relational pattern. Do not try to work through everything at once. Start with one place where the present feels connected to something older.

1. NOTICE - What keeps happening? Name the present pattern. What do you do when you feel threatened, exposed, hurt, ashamed, or disconnected? _____ _____ _____ _____ _____	2. TRACE - Where did I learn this? When did this response first start making sense? Who modeled it? What did your family system teach about emotion, conflict, needs, weakness, or repair? _____ _____ _____ _____ _____
3. NAME - What did this teach me? What lesson did your story teach you? Example: Needs are too much. Anger means danger. People leave. I have to perform to be loved. _____ _____ _____ _____ _____	4. HONOR - What was it protecting? What vulnerable place was this response trying to guard? Safety? Dignity? Belonging? Voice? Peace? The need to matter? _____ _____ _____ _____ _____

THE REMEMBER MAP

A guided reflection for one reaction, conflict, or protective pattern.

1. What happened now?

Briefly describe the present moment, conflict, reaction, or situation.

2. What did I feel in my body and emotions?

Name what showed up: anger, shame, fear, sadness, panic, numbness, tension, pressure, tightness, heat, heaviness, etc.

3. What did I do to protect myself?

Did I withdraw, pursue, defend, control, perform, over-explain, shut down, get loud, go silent, fix, avoid, or people-please?

4. What did this remind me of?

Where have I felt this before? What part of my story might this be touching?

5. What did I learn back then?

What lesson did my story teach me about myself, others, love, trust, conflict, needs, money, failure, God, or repair?

INTEGRATION

Holding compassion and responsibility together.

6. What was my protection trying to guard?

What tender or vulnerable place was underneath the reaction?

7. What do I understand now that I did not understand before?

Write one sentence of clarity, compassion, or ownership.

A few sentence starters

This reaction makes sense because...	But it does not have to rule...
This protection helped me survive by...	Now I want to practice...
The story I learned was...	The truer story I want to move toward is...

When Remember feels tender

Remember should happen with wisdom, safety, and support. You do not have to force yourself to dig through painful material alone, tell everyone everything, or remember everything at once. Sometimes the most faithful next step is to say, "I think there is more here, and I need help holding it."

The goal is not to flood yourself. The goal is to understand your story in a way that helps you live more freely.

Closing question

Where did I learn this response?

Use this question with one pattern this week. Start by remembering with compassion before rushing to fix it.

Learn more: trevorhislop.com

The Deeper by Design Podcast - where faith meets the science and practice of connection.