



1-6 Information Handout for Origin Stories

An “origin story” is a story that explains how a person came to be who they are today. The origin story can be positive, negative, or neutral. The commonality is that the event changed them and influenced who they are today. For some of us, we recall details of the events, and for others, we know about them through second-hand retelling (e.g., we were too young to recall). Many times, especially for superheroes, an origin story can involve adversity or loss.

While some origin stories are life-changing, others can seem less impactful but still have meaning. Origin stories don’t have to necessarily center on a “big thing” that happened. Some examples of origin story events include: a person moving to a different city, changing schools, giving a speech for the first time, meeting someone new, gaining a new skill, owning a pet, being away from parents, being adopted, losing someone close to them.

Directions:

List 3 of your positive attributes (e.g. funny, helpful, good listener)

Next, think back over your life and write a brief narrative description (3-5 sentences) about the event, interaction or situation that you’ve chosen for your origin story. It may help to recall what you were doing at the time. Who were you with? How did that make you feel at the time?

Explain how that event, interaction, or situation changed you. What did you learn from the experience? Does the experience relate in any way to the development of the strengths, talents, or abilities you listed above, or any other strengths you have? If so, explain how.

Explain how your origin story relates to your personal kryptonite or the kinds of things that can get in your way or get you stuck and unable to reach your goals.

Explain how your origin story led you toward your “call to action” or “superhero mission?”