

Unbreakable Ties: The Power of Family Stories with *How I Got Here* & *Relative Race*

Presenters

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Presentation Overview

Discover the transformational power of finding family and learning where you came from. Featuring producers, cast members, and clips from BYUtv's shows *How I Got Here* and *Relative Race*, this session explores drawing power from family stories. Guests share the transformational benefits they've experienced when connecting with family, including increased gratitude, greater self-confidence, and a stronger sense of belonging.

Presentation Resources

Coleman, Rachel. "Why We Need Family History Now More Than Ever." *FamilySearch Blog*, 26 September 2017, <https://www.familysearch.org/en/blog/why-we-need-family-history-now-more-than-ever>.

Feiler, Bruce. "The Stories That Bind Us." *The New York Times*, 15 March 2013, <https://www.nytimes.com/2013/03/17/fashion/the-family-stories-that-bind-us-this-life.html>.

Connection

- Family stories can provide a deeper sense of connection, both to living family and family that has passed on.
- When we're connected to family, we can draw on the lessons learned from an uncountable number of experiences, rather than just our own.
- Shared experience offers a powerful safety net when facing unexpected life circumstances.

"Human beings desire attachment, belonging, and connection. The relationships we form with other people can be incredible durable, not only with people in our present, but also with people in our past and future. The more we discover about our past, the greater a connection we feel to our ancestors."

—Rachel Coleman, *FamilySearch Blog*

Core Identity

- Where we come from can be a foundation of identity.
- All families have stories of resilience and triumph buried in past generations. When brought to the forefront, these stories can become core aspects of self.

“The more children knew about their family’s history, the stronger their sense of control over their lives, the higher their self-esteem and the more successfully they believed their families functioned. The ‘Do You Know?’ scale turned out to be the best single predictor of children’s emotional health and happiness.”

—Bruce Feiler, *New York Times*

Self-Worth

- Understanding what our predecessors have gone through in hopes of providing us with a brighter future, can give us a deeper sense of our true value.

“When our hearts turn to our ancestors, something changes inside us. We feel part of something greater than ourselves.”

—President Russel M. Nelson

Additional Resources

Stream the latest seasons of *How I Got Here* and *Relative Race* on BYUtv.org, on the BYUtv app, or with the BYUtv channel on any smart TV.