

# FROM SHADOW TO LIGHT: RECLAIMING YOUR STORY

HOW CHANGING  
YOUR STORY  
CHANGES  
EVERYTHING





PLEASE MONITOR  
YOUR OWN LEVEL OF  
COMFORT & SAFETY



# AGENDA

## Part One:

Exploring the Role of Stories within Ourselves—9 to 10:00

## Part Two:

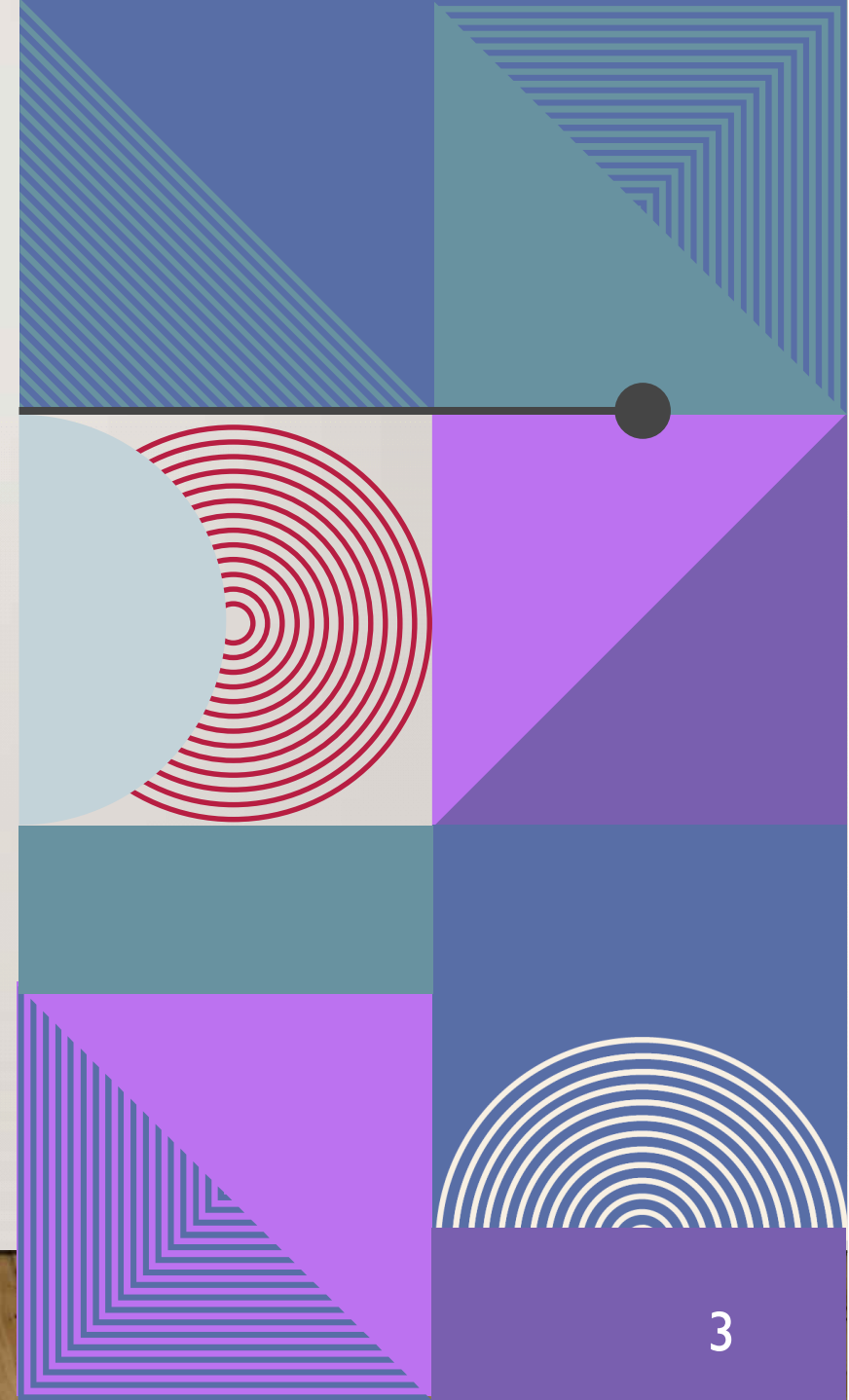
The Influence of Stigma & Internal Stories—10:15 to 11:45

## Part Three:

Engage with Narrative Techniques to Build Agency & Heal Trauma—12:45 to 2:00

## Part Four:

Implementing a New Narrative in Words & Images-2:15 to 3:30



# OBJECTIVES:

## **Explore the Role of Stories in Shaping Our Identities**

- Understand how stories shape identity, create meaning and help us make sense of the world.
- Understand how the narratives we create about ourselves define who we are and influence our perception of the world.
- Examine the impact of self-talk as a powerful form of storytelling that molds personal identities.

## **Analyze the Influence of Experiences and Reactions on Self-Talk, Personal and Family Narratives**

- Understand the influence of family stories and how to use them to raise resilient children.
- Delve into how our experiences and reactions to them underlie our internal stories.
- Recognize how trauma and other significant life events distort and embed personal narratives.

## **Engage with Narrative Therapy Techniques to Re-Author Self-Image & Heal Trauma**

- Experience the therapeutic effects of narrative approaches to reframe traumatic experiences and support emotional healing.
- Understand how engaging in narrative therapy can empower individuals to reclaim their stories and foster growth beyond trauma.


## **Implementing a New Narrative in Words & Images**

- Learn how consciously re-authoring our stories can change our responses to past experiences, empowering us to alter limiting beliefs and emotional reactions.
- Explore techniques for harnessing the power of language and visualization to create healthier, more resilient self-narratives.



# PART ONE: INTRODUCTION

*STORYTELLING IS ACTUALLY A DEEP  
INTEGRATIVE PROCESS THAT PULLS OUR  
BODIES, OUR FEELINGS, AND ALL OF OUR  
IMPLICIT MEMORIES INTO THIS LARGER  
FRAME WHERE WE'RE TRYING TO MAKE  
SENSE OF A DEEP, EXPERIENCED REALITY—  
DANIEL SIEGEL, M.D.*







STORIES YOU  
ATTRIBUTE TO  
OTHERS WHILE  
IN TRAFFIC

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# STORIES YOU THINK OTHERS ATTRIBUTE TO YOU WHILE IN TRAFFIC

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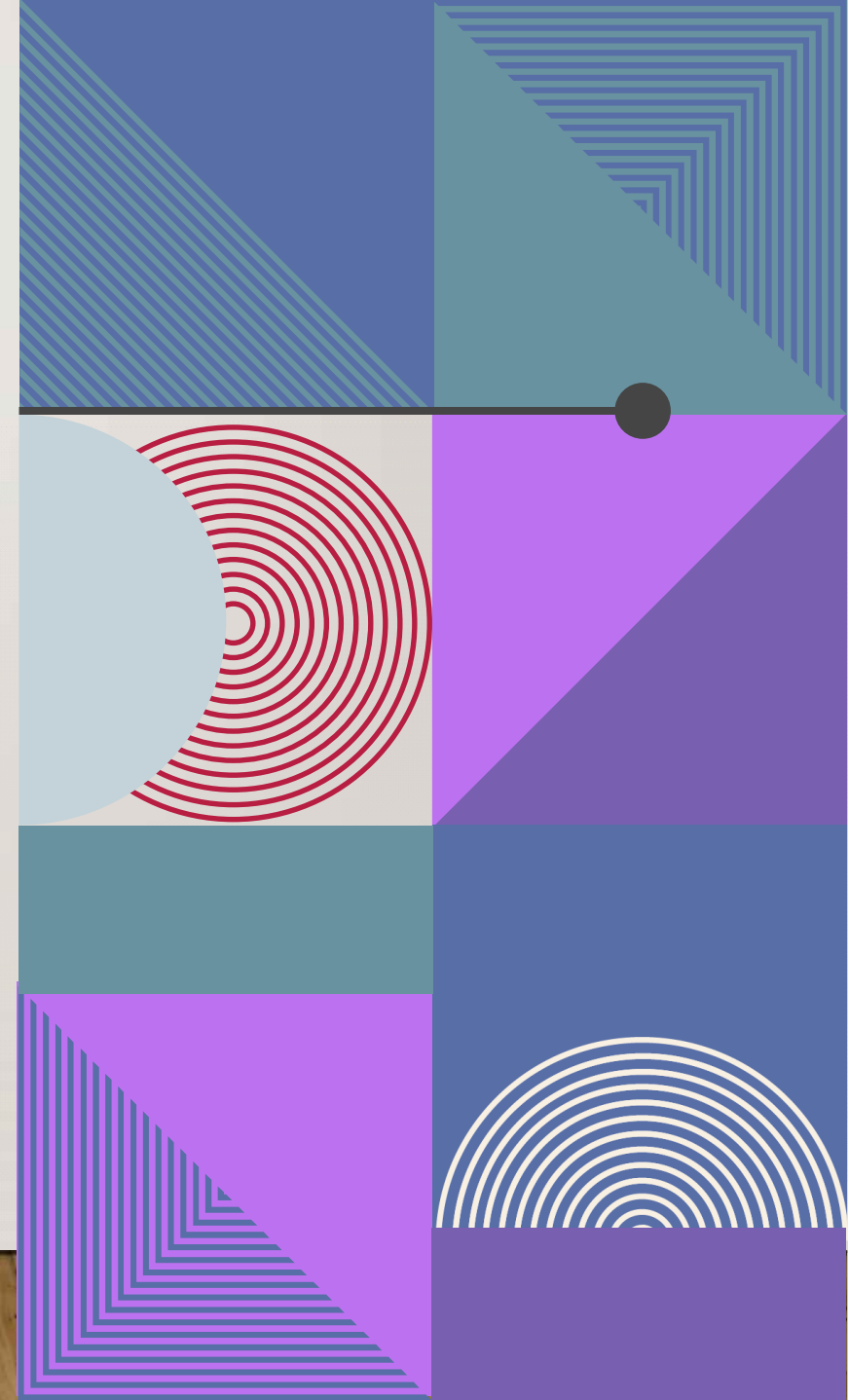




## A 3x3 grid of abstract geometric patterns. The top row features a blue square with diagonal lines, a teal square with a black dot, and a purple square with a diagonal line. The middle row shows a light blue square with concentric red circles, a purple square with a diagonal line, and a dark blue square with concentric white circles. The bottom row consists of a teal square, a purple square with a diagonal line, and a dark blue square with concentric white circles.



# STORIES IN YOUR HEAD ABOUT HOW OTHERS SEE YOU





WE TELL STORIES  
BECAUSE THEY  
LIE AT THE HEART  
OF HUMAN  
CONNECTION

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# STORIES HELP US MAKE SENSE OF OUR LIVES





# STORIES ENGAGE OUR MINDS, IGNITE OUR EMOTIONS & SPARK OUR PROBLEM-SOLVING ABILITIES





# STORIES SHAPE OUR IDENTITIES





THE STORIES WE TELL OURSELVES BECOME THE  
LENS THROUGH WHICH WE SEE THE WORLD

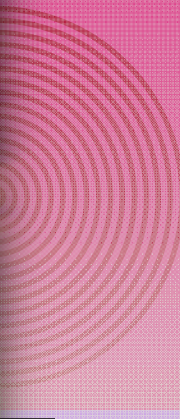






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WE ARE THE STORIES WE TELL  
OURSELVES ABOUT OURSELVES



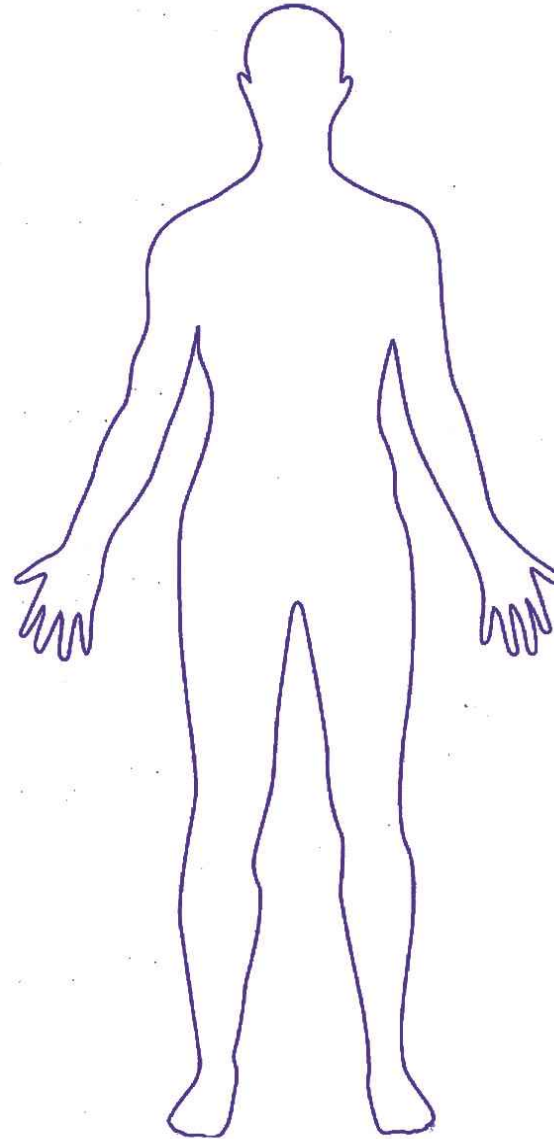


# SURVIVAL

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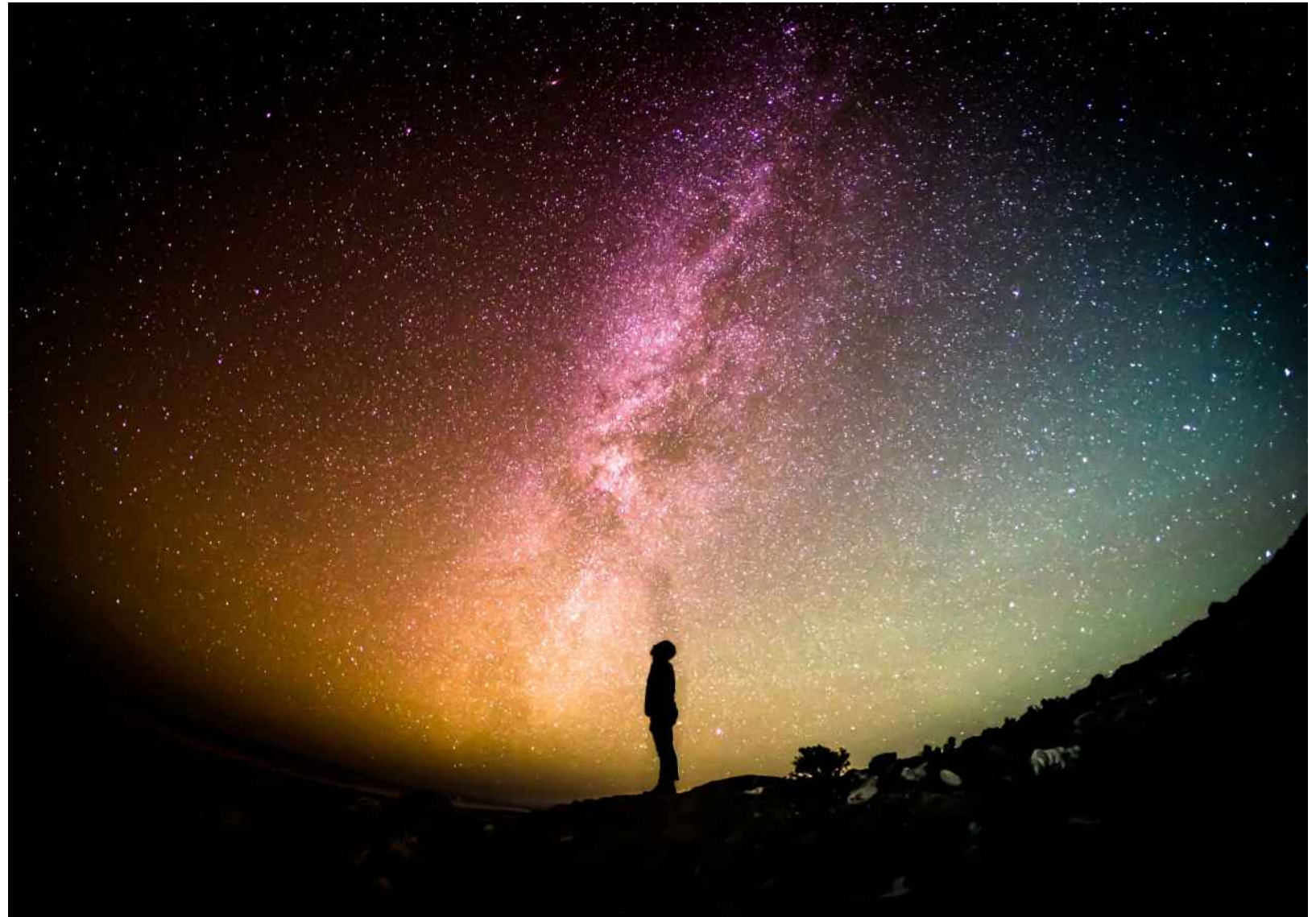


# WHO AM I?





# WHO AM I?

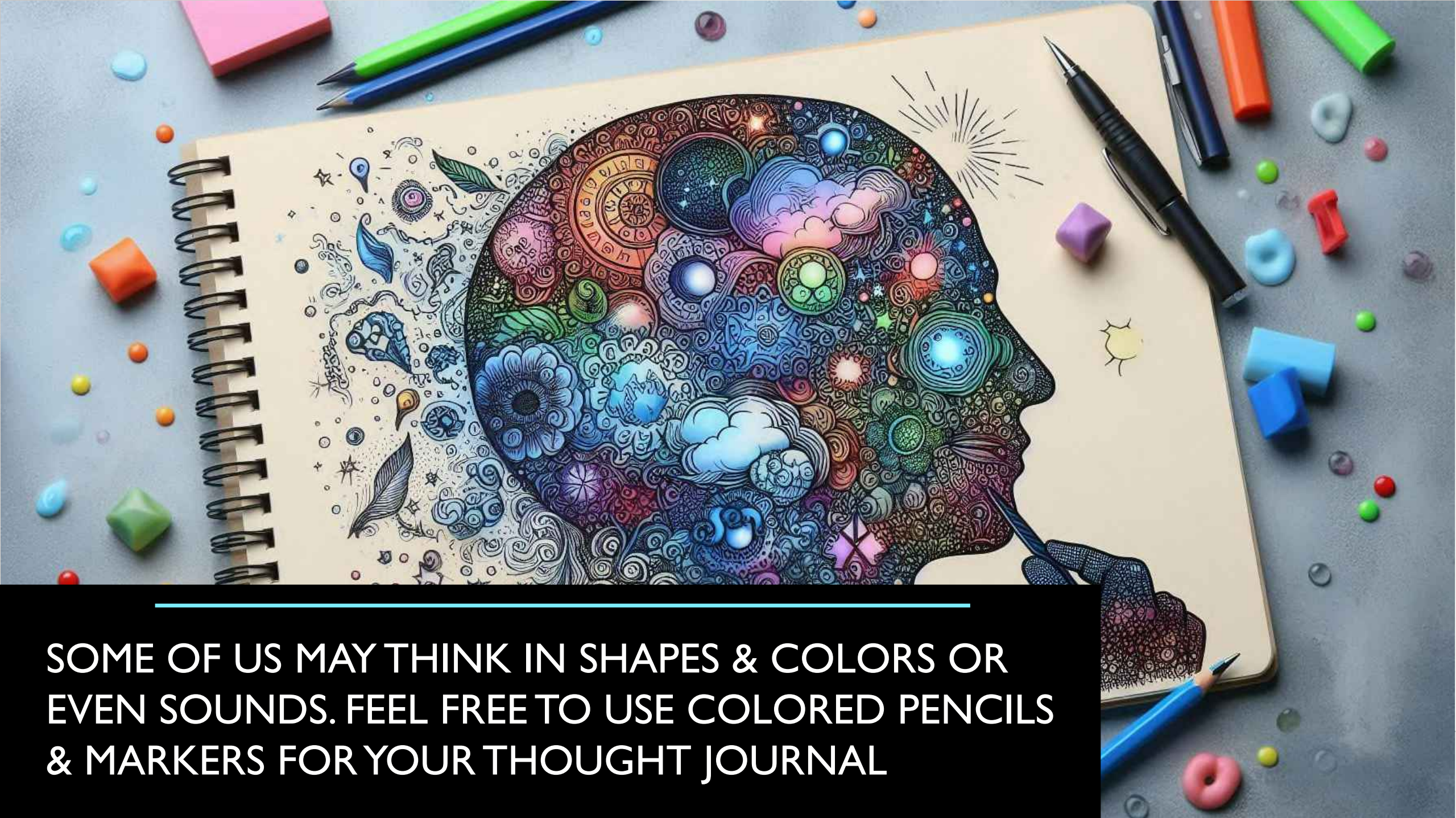




A person is shown from the side, wearing a dark jacket and a watch, writing in a small notebook with a black pen. They are sitting outdoors, with a wooden fence and a garden of cherry blossoms in the background. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The text "THOUGHT JOURNAL EXERCISE" is overlaid in white capital letters on a dark rectangular background at the bottom right of the image.

# THOUGHT JOURNAL EXERCISE





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SOME OF US MAY THINK IN SHAPES & COLORS OR  
EVEN SOUNDS. FEEL FREE TO USE COLORED PENCILS  
& MARKERS FOR YOUR THOUGHT JOURNAL



A person with dark hair, wearing a white shirt, is sitting on a wooden bench in a park. They are holding a pen and writing in a small notebook. The background is a lush green park with many trees and a path. In the foreground, there are some potted plants with pink and red flowers. The overall atmosphere is peaceful and serene.

# THOUGHT JOURNAL EXERCISE

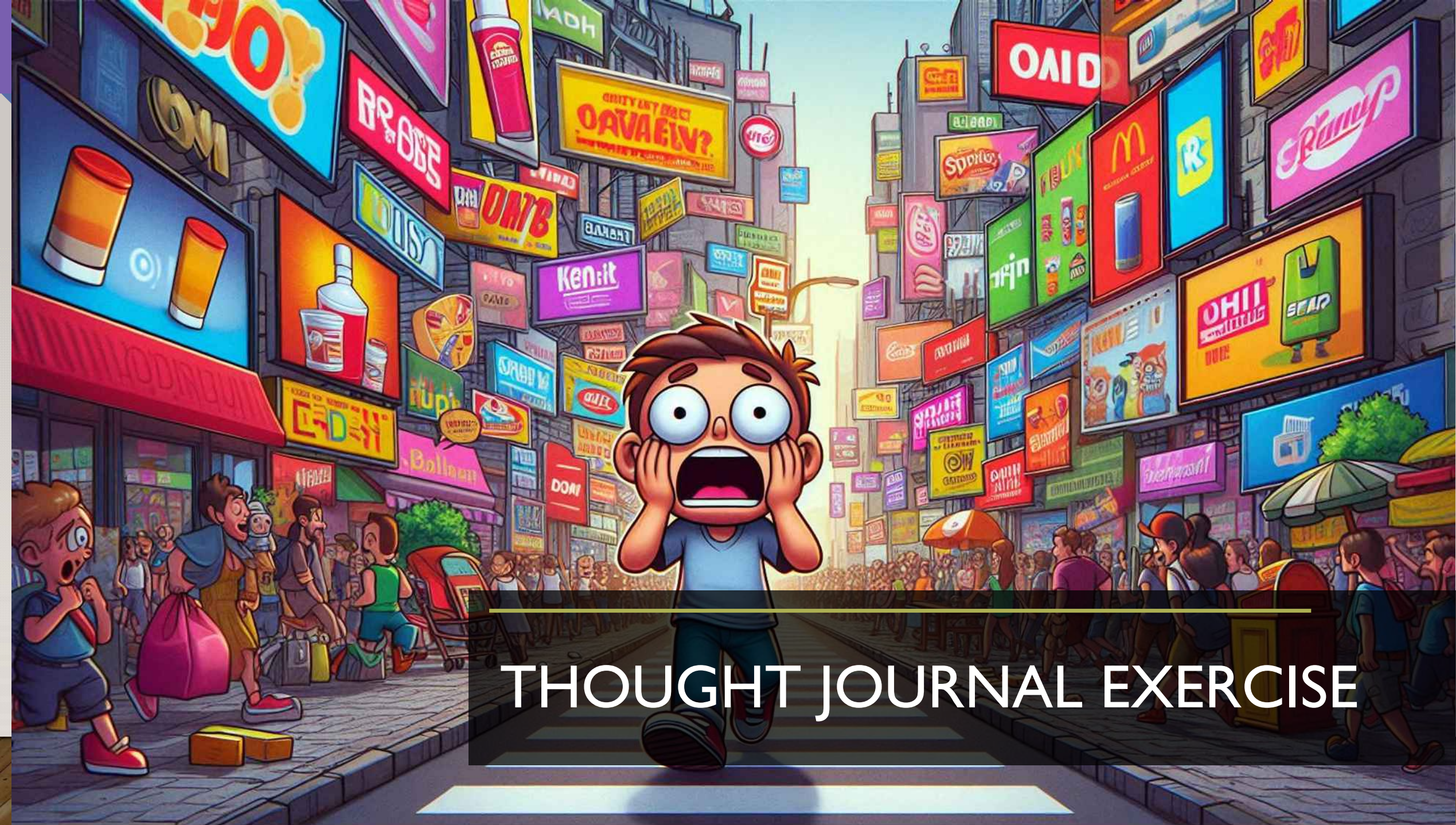




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# THOUGHT JOURNAL EXERCISE





THOUGHT JOURNAL EXERCISE





# **CHALLENGING THOUGHTS**

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# THOUGHT JOURNAL EXERCISE



# 15 MINUTE BREAK to STRETCH & CONNECT

