

YOUR STORY  
LIVES IN YOU

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FROM SHADOW TO LIGHT:

RECLAIMING YOUR STORY

PART IV





# IMPLEMENTING A NEW NARRATIVE

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Empowering Clients  
Through Story  
Reconstruction



# RE-AUTHORING YOUR NARRATIVE A JOURNEY OF EMPOWERMENT

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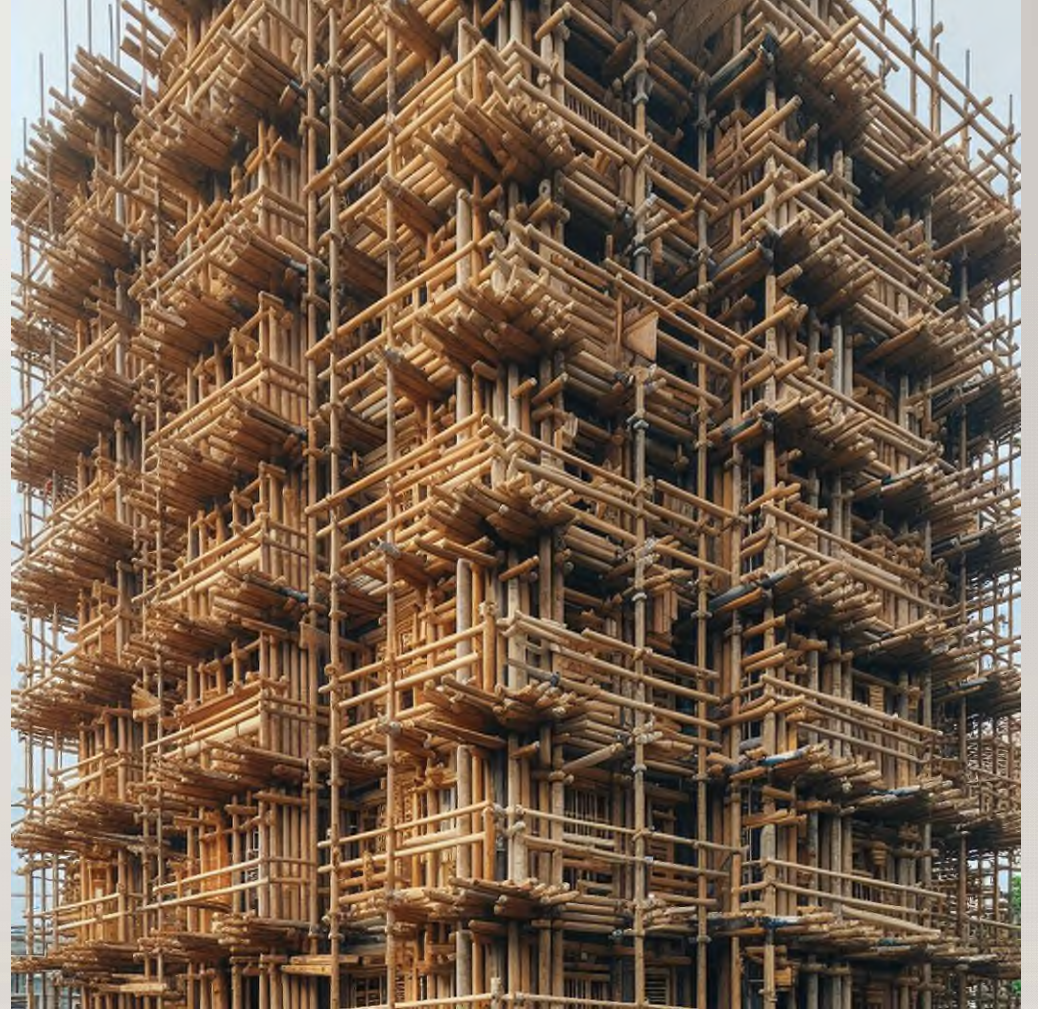




# SCAFFOLDING IN NARRATIVE THERAPY

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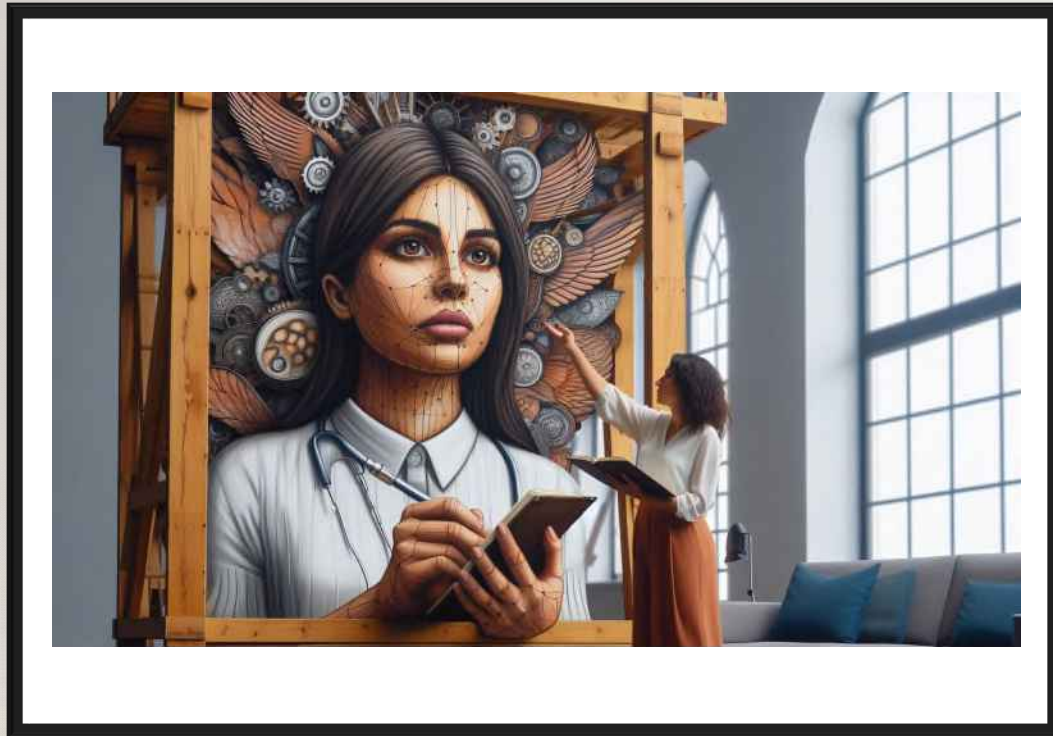
- A Scaffold is a temporary structure.
- Scaffolds provide access to hard-to-reach areas.
- In narrative therapy, scaffolding is therapist support for clients in exploring and rebuilding empowering life stories.





# KEY ASPECTS OF SCAFFOLDING IN NARRATIVE THERAPY:

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- Facilitating Exploration
- Supporting Re-Authoring
- Creating a Safe Space
- Guiding the Process
- Empowering the Client

## FACILITATING EXPLORATION:

- Therapist facilitates the client's narrative.
- Asks questions and explores alternative views.
- Scaffolding helps clients "distance" themselves from problems.
- Allowing a clearer view.

## SUPPORTING RE-AUTHORING:

- Core Goal is helping "re-author" life stories.
- Scaffolding provides tools and encouragement.
- Identifies "unique outcomes" and amplifies them.





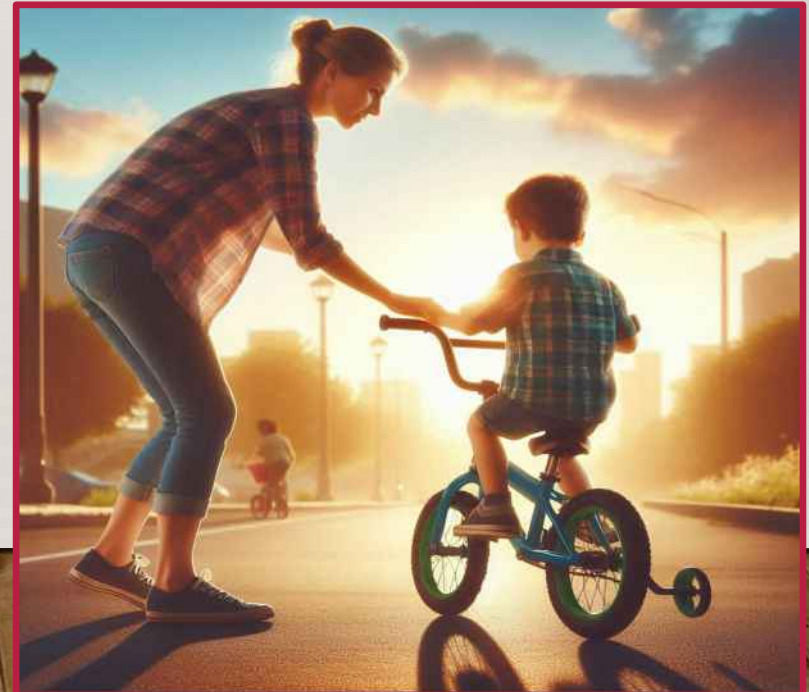
## CREATING A SAFE SPACE:



- Scaffolding creates a non-judgmental and supportive environment.
- Validation, active listening, and encouragement are essential.

## GUIDING THE PROCESS:

- Therapist provides a framework for the conversation.
- Assists the client in moving toward self-actualization.



# EMPOWERING THE CLIENT

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- The goal is to empower the client to author their own life story.
- The therapist provides support and guidance.



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Scaffolding provides the necessary support to help clients move from feeling overwhelmed to feeling empowered.





# LET'S TRY NARRATIVE THERAPY PAIR UP!

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**1. Storyteller:** Think of a minor challenge, a recurring annoyance, or a hypothetical scenario.

- **Tell Your Story**

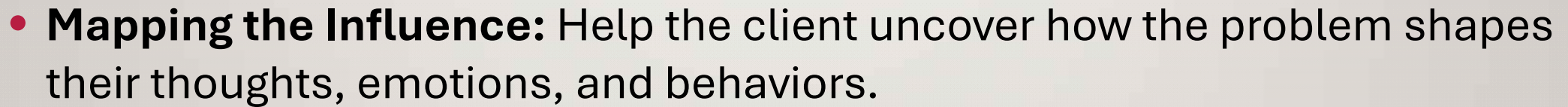
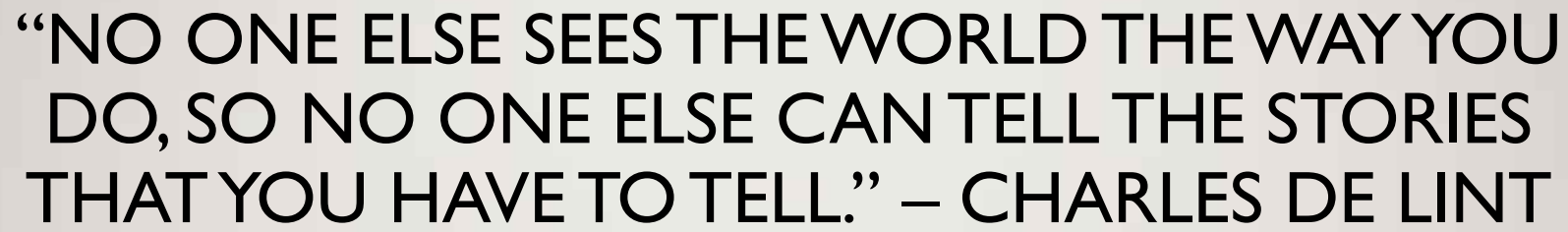
**2. Listener/Narrative Therapists:**

- **Listen Actively**

- **Ask Exploratory Questions**







- How has Anxiety impacted your daily routine or relationships?
- How has Depression limited your ability to accomplish your goals?
- Does this problem affect different areas of your life?

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“SOMETIME REALITY IS TOO COMPLEX.  
STORIES GIVE IT FORM.” – JEAN-LUC  
GODARD



- **Look for Unique Outcomes**
- **Externalize the Problem**
- **Examples:**
  - *It sounds like **Procrastination** is really trying to take over your schedule.*
  - *It seems like **Anxiety** is showing up before your presentations.*
- **Summarize and Reflect:** Briefly summarize what you've heard and what you noticed about your partner's strengths and resilience.





# “STORIES CAN CONQUER FEAR, YOU KNOW. THEY CAN MAKE THE HEART BIGGER.” – BEN OKRI

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- **Switch Roles:** The listener now becomes the storyteller, and the storyteller becomes the listener.
- **Debrief (5 minutes):** After both partners have shared, take a few minutes to discuss:

- *How did it feel to tell your story?*
- *How did it feel to listen and ask questions?*
- *What did you learn from the exercise?*



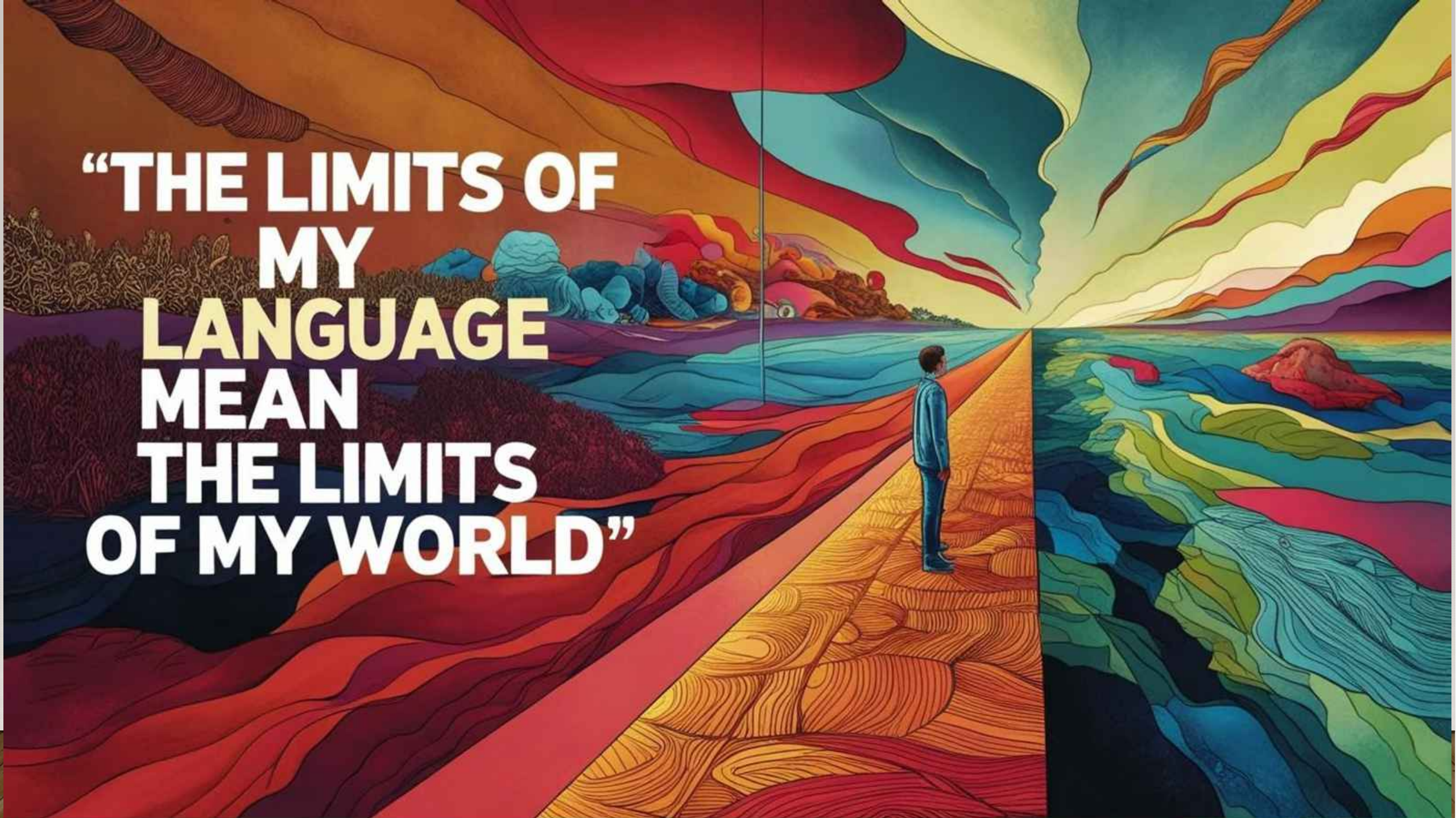


A woman with long dark hair, wearing a light blue long-sleeved shirt and dark trousers, stands with her back to the camera, addressing a group of people. The group is seated in a circle on wooden chairs in a bright room with large, multi-paned windows in the background. The room has a white brick wall and a large green plant. The text "WHO IS WILLING TO SHARE THEIR EXPERIENCE?" is overlaid in white capital letters on a dark semi-transparent background, with a thin yellow horizontal line below it.

WHO IS WILLING TO SHARE  
THEIR EXPERIENCE?

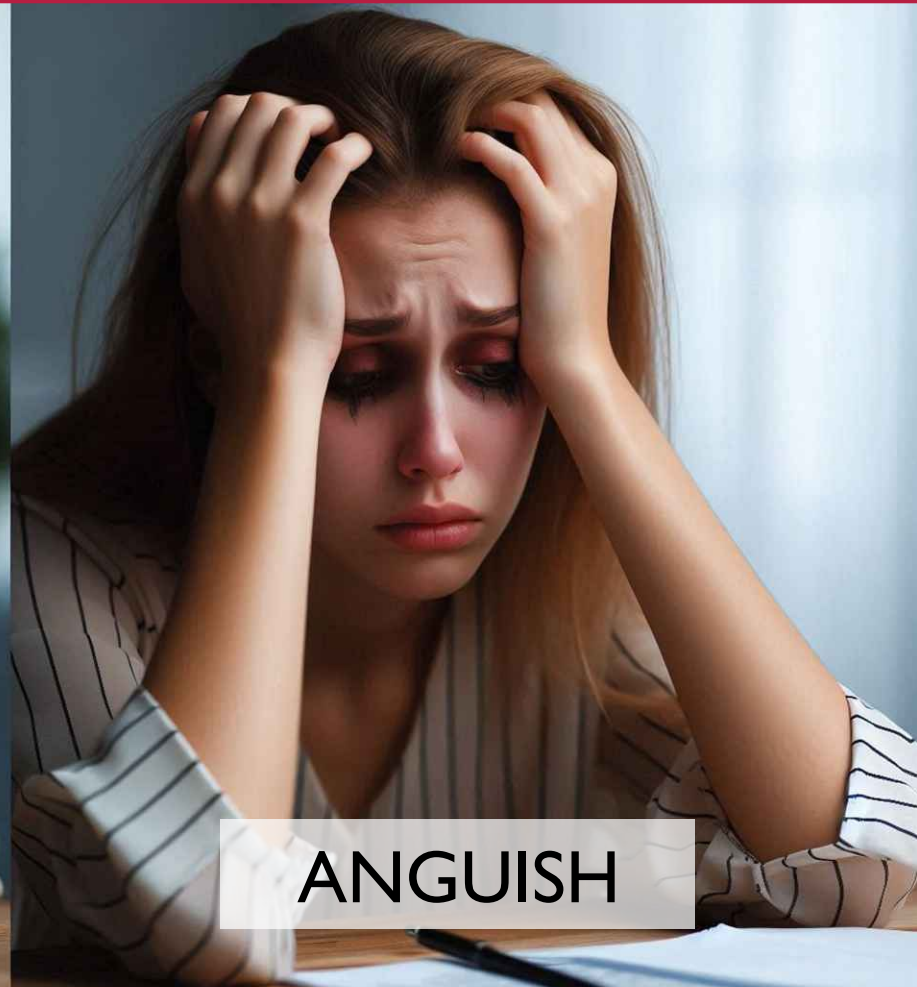
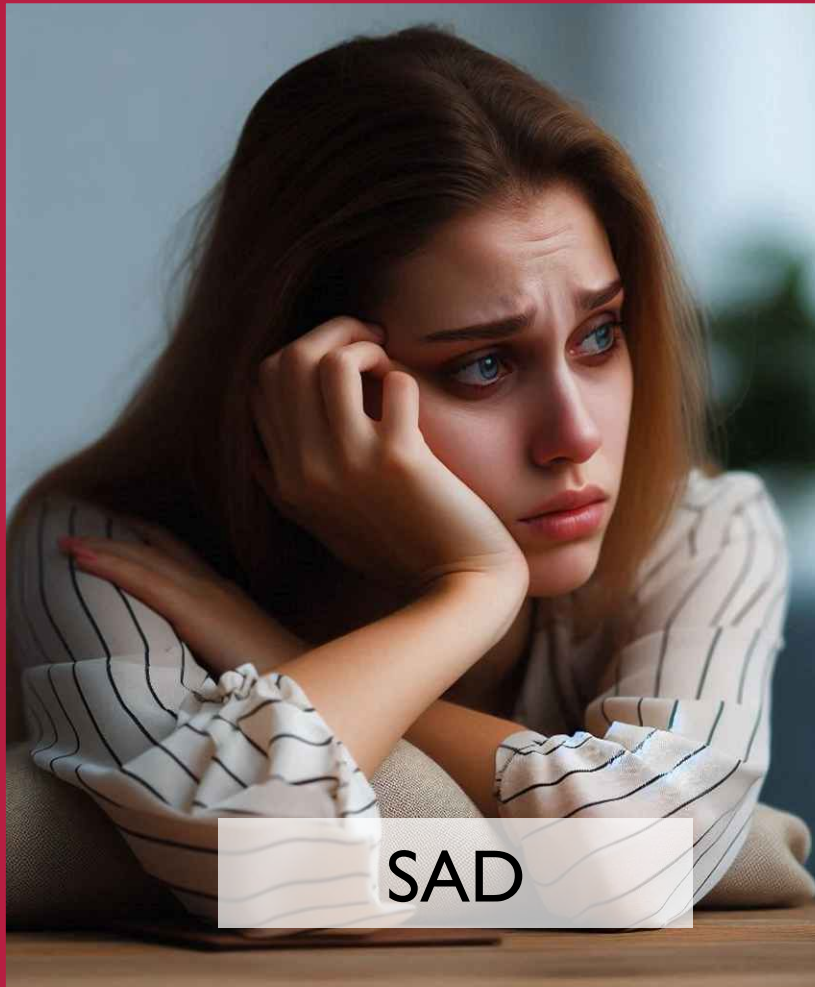


**“THE LIMITS OF  
MY  
LANGUAGE  
MEAN  
THE LIMITS  
OF MY WORLD”**



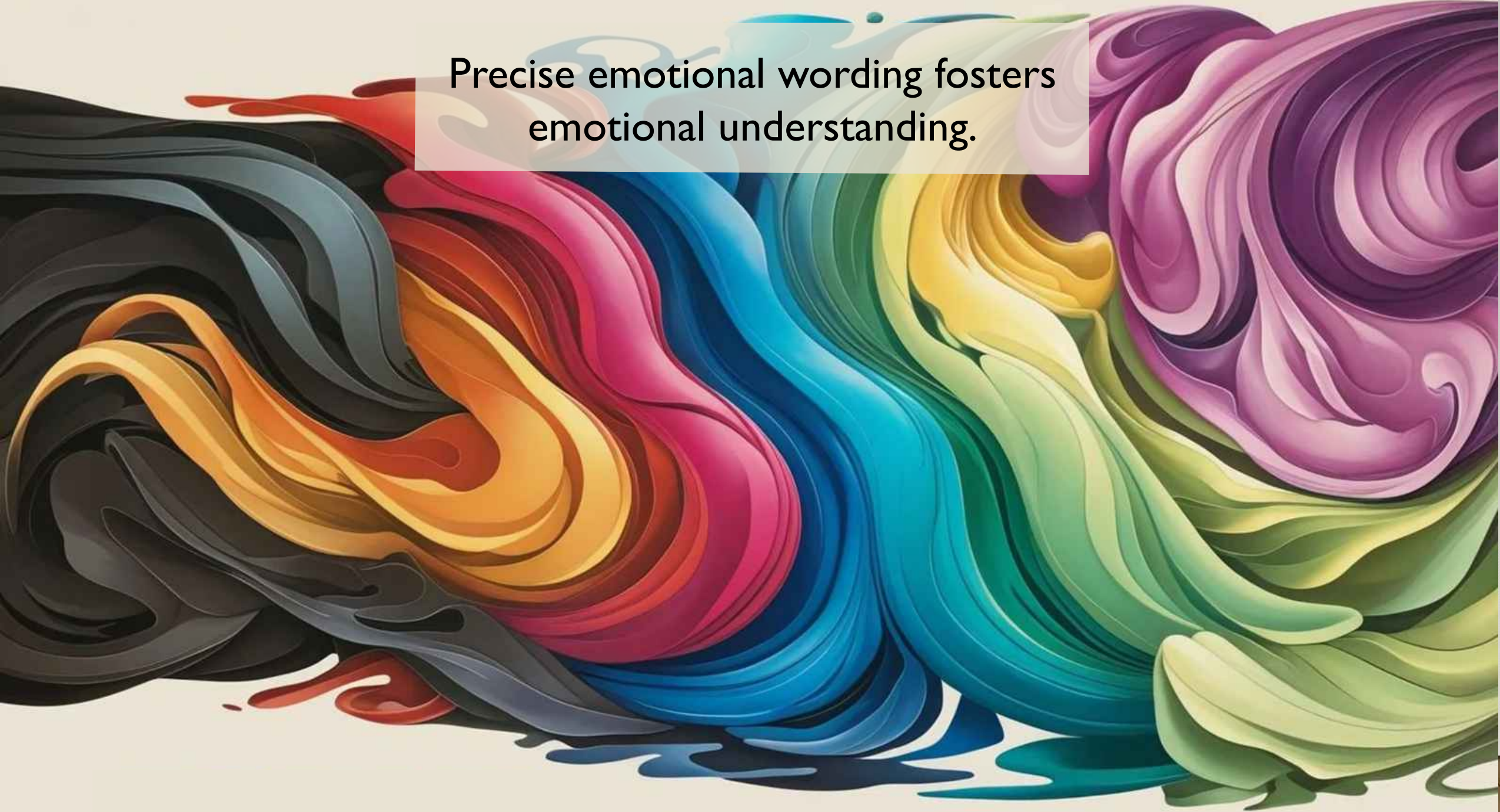


# LANGUAGE MATTERS





Precise emotional wording fosters  
emotional understanding.





# When we use accurate emotional language, we can:

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- Communicate our feelings effectively
- Resolve conflicts constructively
- Develop empathy and compassion toward others.







ACCORDING TO BRENÉ BROWN,  
“OUR CONNECTION WITH OTHER PEOPLE IS ONLY AS  
SOLID AND DEEP AS OUR CONNECTION TO OURSELVES.”





ARE YOU READY TO RE-AUTHOR  
YOUR STORY?





THINK ABOUT A STORY  
YOU'VE TOLD YOURSELF  
RECENTLY ABOUT:

WHO YOU ARE,  
WHAT YOU'RE CAPABLE OF,  
OR  
HOW OTHERS SEE YOU.

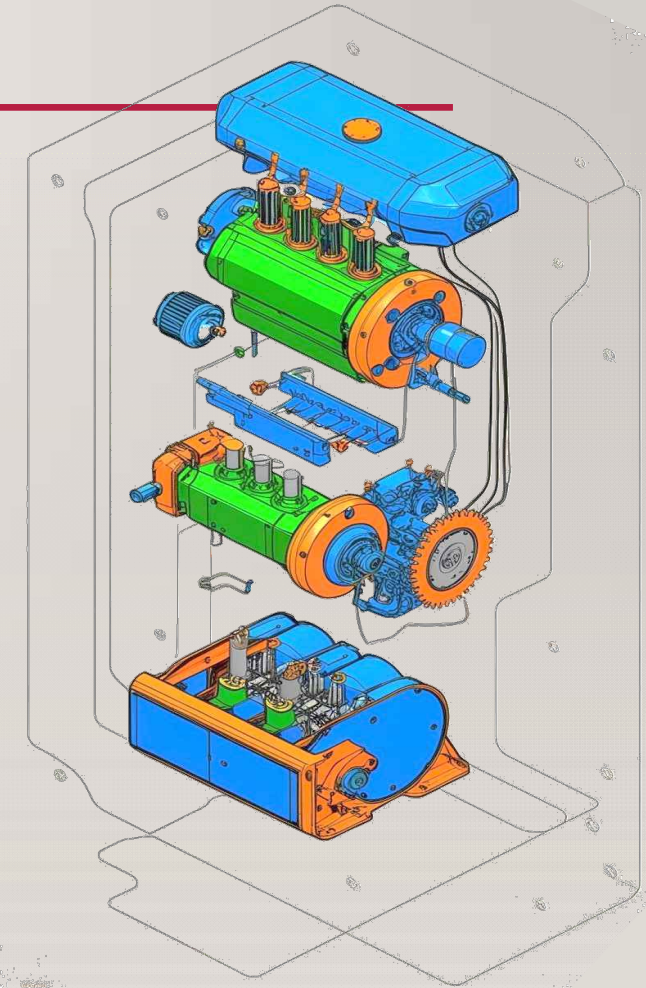
WHAT THEMES OR  
PATTERNS EMERGE?



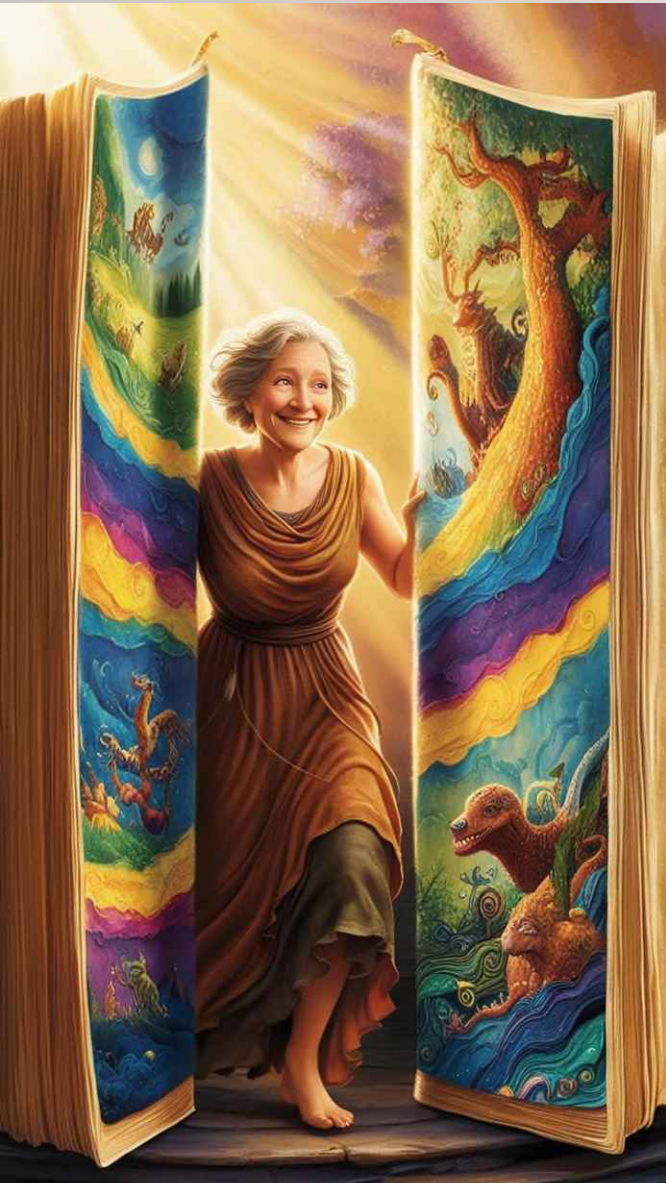
# DECONSTRUCTING THE NARRATIVE

## Deconstruction Prompts:

- Externalizing the Story:
  - Name the story as an external entity.
  - Ask: *How has this story shaped your identity or actions?*
- Questioning the Story's Validity:
  - *What evidence supports or challenges this narrative?*
  - *Are there moments in your life where this story didn't hold true?*







# RE-AUTHORING THE NARRATIVE

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- **Crafting a New Story**
- Now re-author the narrative, focusing on empowerment and possibility. Focus on:
  - Centering your strengths and resilience.
  - Imagine how you might narrate this story 10 years from now.
  - Use phrases like *I am someone who...* or *My story is one of...*  
Example: *I am someone who embraces learning and growth, knowing that uncertainty is a part of the journey.*



# RE-MEMBERING

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## Goals:

- Build a supportive network to reinforces the preferred Identity
- Create a sense of belonging and validation.
  - Focus on recalling and celebrating significant relationships and connections.
  - Intentionally bring valued people into a person's life story.
  - Re-Membering counters isolation.
  - Identity is interwoven into Social Context.



# KEY PRINCIPLES OF RE-MEMBERING:



- Valuing Relationships
- Externalizing the Problem
- Identifying Significant Others



- Amplifying Connection
- Creating a League of Life
- Rituals and Ceremonies





# RE-MEMBERING

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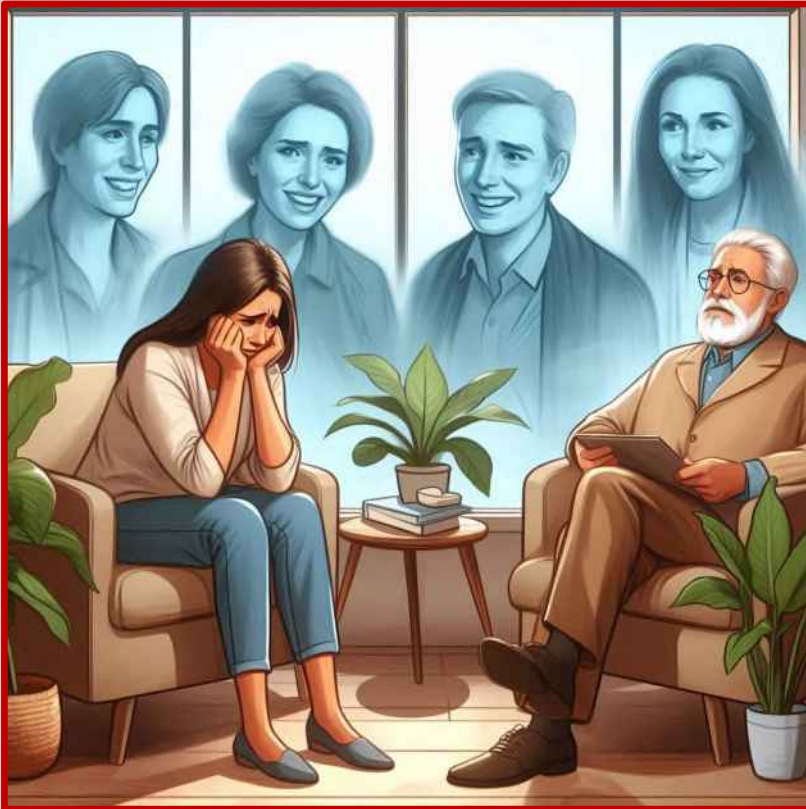
**Addressing Isolation:** A client struggling with depression may feel isolated and alone.

- Recall past friends, family or mentors.
- Exploring old photographs, keepsakes, or stories about these relationships.
- Incorporate a **Two-Way View** of these relationships.





# RE-MEMBERING



**Challenging Internalized Shame:** A traumatized client may internalize shame and self-blame.

- Identify individuals who offered validation, compassion, and understanding.
- "Who was there for you when you felt most vulnerable?"
- "Who saw your strength when you couldn't see it yourself?"



# RE-MEMBERING

## **Counteracting the Effects of Abuse:**

A person who has experienced abuse may have a difficult time finding positive relationships.

- Identify healthy relationships from before, during, and after the abusive relationships.

Re-Membering helps clients reclaim their identities and recognize the strength and support found in their relationships.





# RE-AUTHORING THE NARRATIVE

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- **Anchor the New Story**
- Identify actions or symbols that embody the new story:
  - What steps can you take to live out this narrative?
  - Is there an image, quote, or object that reminds you of this story?







# RE-AUTHORING THE NARRATIVE

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- Anchoring involves:
- Witnessing
- Documenting
- Reinforcing the new narrative





# LET'S TRY NARRATIVE THERAPY ONE MORE TIME

## PAIR UP WITH SOMEONE NEW!

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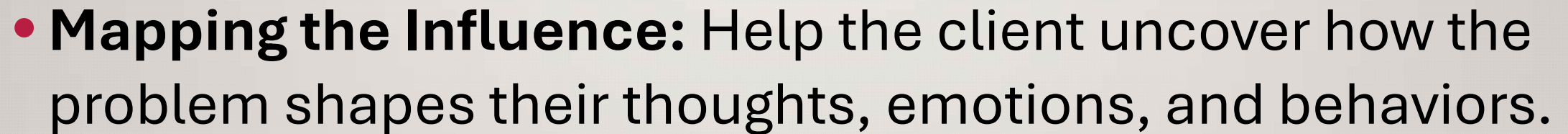
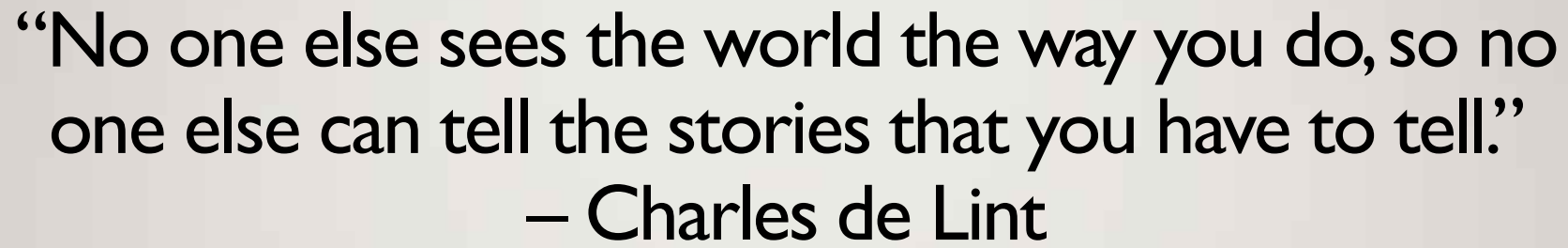
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- **Examples:**
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  - *It seems like **Anxiety** is trying to keep you from your goals.*
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- *What did you learn from the exercise?*





# SHARING AND REFLECTION

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- Would anyone care to share their new story?
- How did it feel to re-author your narrative?
  - What might change in your life as you embrace this new story?
  - How can you carry this practice into your work with clients?
  - Does changing your story change your attitude toward yourself.



# LET'S TELL A STORY.....TOGETHER!

We've spent the day together.

We've gotten to know a bit about ourselves and those around us.

So, let's all tell a story together.

I'll start and then pass the microphone around.  
You are welcome to add a word or a sentence.

Start your segment with the words, "Yes, and..."









THANK YOU  
FOR BEING HERE!



THANK YOU  
FOR ALL YOU DO!

THANK YOU  
— FOR —  
SHARING  
— YOUR —  
STORIES

