

# STORYTELLING FOR HEALING

How does telling our stories help us heal? We like this thought from Brene Brown:

*Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.*

Try writing, journaling, or even just jotting down some thoughts to get started in better understanding the experiences that make up your life story. Then you might also begin to re-author your story to better fit who you are today. Consider these writing prompts to get started.

## STORY QUESTIONS

What is an area in your life that feels unsettling?

What is a story you've been telling yourself and others that feels heavy, outdated, or doesn't serve you?

Can you think of one example where a story you've told yourself for years feels limiting?

Can you write about one exchange with another person where your limiting story played out? Include dialogue, details, setting...

In our stories, we often leave out what was happening in society, community; our relationship and how people show up. Explore that more...

Can you think of ways that exploring your story might help you move forward in some way?

What parts of your story do you want to rewrite to be more understanding of its role in your life?

## JOURNAL STEMS

Today I noticed...

The feeling I am having most strongly right now is...

The place I feel most comfortable is...

My mind is at ease when...

My views about \_\_\_\_\_ have changed because...

I miss...

People sometimes think...

I was raised to believe...

My body feels like...