

# Rewriting your story & moving forward

Trauma often leaves us with a fragmented story. Narrative therapy helps you piece these events together, not just to remember what happened, but to discover your own strength, values, and resilience within the story. You are the author; the trauma is a chapter, not the whole book.

## Pre-Work: The Externalization Lens

Before we start, let's separate the problem from your identity. If this trauma or its impact were an external character or object, what would it be? (ex. The Fear or The Silence)

Name/Describe the externalized problem:

Current distress level:

0 10 20 30 40 50 60 70 80 90 100

## The Narrative Draft

Write a brief account of the event. Focus on the facts (who, what, where, when). Try to use a witness perspective, as if you are watching the story unfold from a safe distance.

## The Deconstruction & Unique Outcomes Lens

Now, let's look closer at the story you just wrote. We are looking for "Sparkling Moments" – times when you survived, resisted, or acted on your values.

What is one small detail or specific action you took that helped you get through that moment?

In the middle of this difficult chapter, was there a moment where your courage, kindness, or persistence showed up?

## Re-Authoring: Creating Existential Meaning

Now, let's look closer at the story you just wrote. We are looking for "Sparkling Moments" – times when you survived, resisted, or acted on your values.

Every story has a theme. What does this story say about what you value most in life (e.g., family, freedom, truth)?

Looking back at this chapter, I realize I am someone who values

## Final Check-In

**Reflective Note:** How did looking through these different perspectives change how you feel about the story you wrote?

Current distress level:

0    10    20    30    40    50    60    70    80    90    100