

# SOLID FOUNDATION

## Story coaching

---

### There's A Story There

We all have at least a few memories that are painful. On the lighter end, there are those embarrassing experiences that cause us to cringe, even decades later. Then, there's heavier stuff, betrayal, heartbreak, loss, and regret. Some of these events may fall into the category of traumatic, meaning that 1) the nature of the harm itself was so grave, that we have a sense of life "before" and "after", and/or 2) we did not have the support and healing we needed to process the trauma and begin to heal, leaving us with a feeling of being "stuck". These memories are more than a series of facts and images—they carry powerful emotions that feel like a punch to the gut every time they surface. Often, we organize our thoughts and behaviors in reaction to these events, vowing to ourselves to do whatever is necessary to avoid future hurt or harm.

Story narrative is a tool used to help us make sense of our experiences, and our reactions to them. When writing a narrative of a painful or harmful experience, the experience can be told repeatedly through verbal, written, or artistic means. Sharing our stories allows us to organize our memories, making them more manageable, and recognize the habits and beliefs we have developed in order to survive.

1. List 5 experiences where you have been hurt or harmed.
2. Choose one experience from this list, and consider a key or pivotal moment that feels important.
  1. What are the facts of the pivotal moment of this story?
  2. What feelings or emotions can you identify, if any?
  3. What physical reactions or responses do you notice?
3. Write a 1-3 page narrative of this experience.

# SOLID FOUNDATION

## Story coaching

---

Tips to begin writing your story:

- Sit in a quiet place and find a time when you're surrounded by fewer distractions.
- Always try to take a few minutes before you begin writing. Let yourself think about how your trauma has affected your life.
- Once you're done writing for the day, pay close attention to how you're feeling. Notice any change in your emotions and thoughts after writing.
- Try not to worry too much about grammar and spelling. Keep your focus on transferring your thoughts and feelings into the narrative.
- Try to be as descriptive as you can. When you're writing about your feelings, also write about the thoughts these feelings bring forth. How do your actions connect with these feelings? This can help increase your body-mind awareness and bring attention to your emotions and thoughts.
- Try to keep a track of your feelings so that you can come back and look at how your emotions, feelings, and thoughts have changed since you began journaling.
- Try to be kind to your thoughts. Let your words flow without any judgment.