

Your story, today All About Me



Have an attitude of PACE:
utilising Playfulness,
Acceptance, Curiosity, and
Empathy to create a safe
and supportive environment.

Purpose:

"Your Story, today" is a key component of Therapeutic Life Story Work (TLSW). It serves multiple purposes:

- Recording: Documenting the client's current experiences and emotions.
- Assessment and Check in: Gaining insights into the client's present state and progress.
- Relationship Building: Strengthening the therapeutic alliance through shared storytelling.
- Introduction to TLSW: Familiarising clients with the TLSW process and its benefits.
- Practitioner Sharing: Allowing the practitioner to share their own experiences appropriately, fostering a reciprocal relationship.

Process:

1. Feelings Check-In:

- Start: Begin each session with a feelings check-in. Ask the client to describe their current emotional state.
- Finish: Conclude with another feelings check-in to assess any changes or shifts in emotions.

2. Present Questions:

- Tell Me Your Story of Today: Encourage the client to tell their story of their present life.
 - Who: the present people, services, animals
 - Where: live, work, play, learn
 - What: culture, identity, like, love, dislike, hate to do, plans and goals
 - Throughout the conversation - be curious and ask how? (feel, do or react)

You can write or draw, you can use the template, or wallpaper, or notepaper, or type it up - whatever works.

Example Script:

Start: "Let's start with a quick feelings check-in. How are you feeling right now?"

Story Prompt: "Tell me your story of today at this moment. Think of this as a photo of this moment in time. Who is in your world? Where do you live, work, play, learn? What makes up you - your identity, culture? What do you love or hate? What are your goals and plans for the future? [Be Curious] How do you feel, and how have you done these things today?"

Finish: "Before we wrap up, let's do another feelings check-in. How are you feeling now compared to when we started?"

By incorporating "Your Story, Today" into your sessions, you create a structured yet flexible approach to understanding and supporting your clients' journeys. This method not only aids in assessment and relationship building but also empowers clients to reflect on and articulate their experiences.

When:

"Your Story Today" can be integrated at various points during the therapeutic process:

- Phone Calls: During scheduled check-ins or spontaneous calls.
- In-Person Sessions: At the start, middle, or end of a session, or whenever it feels appropriate.
- Throughout the Work: Consistently revisited to track changes and developments.

Your story, today

All About Me

name: Richard Rose
date: 28 October 2024

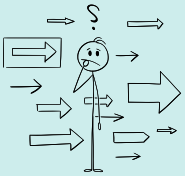
Feelings check in

What?

Tell me your
story of today

EXAMPLE

Beginning
Confused
Enthusiastic



Publishing another book
Teaching The Rose Model
Hates flying and does it
a lot
Loves Marmite the dog



Who?

Where?

Feelings check in

Marmite the dog
Paula
My sons
TLSW community
Amy and Nickie



Lives in the UK
Works at TLSWi on zoom
Plays at the park with
Marmite



End
Excited
Heard and seen
Appreciated



Your story, today

All About Me

name: _____

date: _____

Feelings check in

What?

Beginning

Tell me your
story of today

Who?

Where?

Feelings check in

End

Your story, today

All About Me

name: _____

date: _____

Feelings check in

Beginning

Tell me your
story of today

What?

Who?

Where?

Feelings check in

End