

Life Story Planning

Narrative therapy is recommended to occur over a period of at least 2-4 months for most adults. We are doing a specific technique of “life-story narrative” as it is the one adopted by most drug courts.

Some questions to first think over:

How do you tell your story? What are the chapters of your life? Do you like the story you tell or do you want to change this story once you tell it?

Some help: thinking of your ages and years and how chapters belong together; listen to music from years of your life to jog memory; think of the people, places, events that must be present in your story; ask family and friends;

This is NOT a trauma story, or an addiction story—it is a life story. It will include all

Some inspiration: “There is no greater agony than bearing an untold story inside of you.”—Maya Angelous

For the Client Timeline

1. Title your Story.
2. Come up with at least 7 or more chapter titles, each one representing a significant stage or events in your life. Mark the years or ages included for each chapter.
3. Come up with one sentence that sums up each chapter.
For example, a chapter title could be “Awkward.” The sentence for the chapter: “My teenage years were uncertain, awkward, and confusing.”
4. The final chapter of your story is set for the day you started drug court until now.
5. Once your timeline is approved, your therapist will assign you to write only the first chapter and submit.