

Story Telling Technique

Story telling

We can all tell stories and we all have stories to tell. Using story-eliciting questions is a way of making sense of the messiness we sometimes face with complex issues. It helps connect people to their values, beliefs, reactions and behaviours. When stories are told in a group it opens up the opportunity to explore insights revealed together.

When could you use story telling?

- To connect people's experiences to their beliefs and values
- To generate deeper understanding of people's perspectives
- To hear multiple stories, or "truths", of the same event/situation
- To encourage listening

Pros and Cons

There are pros and cons to consider when using the story telling technique. Pros of using this technique include participants feeling free to respond in any way they choose, versus what they think others want to hear. As well story telling connects personal experiences builds relationships. On the flipside, story telling can bring up memories, strong emotions, and hurt. This technique also requires additional questions to connect with ideas about what should happen in the future.

Resources Needed

For implementation, you will need an initial means of bringing people together in order to use the story telling technique. You'll also need to consider facilitation and choose a means of recording the stories.

Other Considerations for Implementation

- Provide participants with storytelling guidelines, about what makes an effective story and how to tell their story in a compelling, interesting and simple way
- In designing the questions: use words that participants themselves would to phrase; ask about what people felt to get at the underlying emotions; ask them to picture a specific situation or remember a time in the past
- Focus on the physical space to create a sense of safety, sharing and openness. Circles are highly effective for this



Telling Your Story: A Guide

Your words and story might be challenging to share, but important in the impact they have on our topics, issues, our families and our communities. People will remember your unique story, and your words can shape our way forward.

A Structure for Sharing your Stories:

Make It Your Own

This is your story, use your own words
The more you, the more memorable
Share what you're comfortable with

What Did You Feel

Tell the facts, events AND your emotions
The good, the bad and the uncomfortable
Some things can stay private

Keep It Simple

What do people really need to know
Simpler is easier for others to understand and remember

Find The Links

Be clear about why it matters
Be specific about what you hope for results

More Information

For more information on the power of storytelling and its effectiveness to activate our brains:

<http://lifehacker.com/5965703/the-science-of-storytelling-why-telling-a-story-is-the-most-powerful-way-to-activate-our-brains>



Anything is possible with a little dialogue.