HOW TO TELL A STORY
HANDOUTS

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www.Meta4sBeWithYou.com
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HOW TO TELL COMPELLING STORIES

Characters
   Clothing, talk, posture, gesture, telling details
Sequence of events/plots; beginnings, middles and ends
Actions
   Show, don’t tell
Dialogue
Settings/scenes/sensory details/props
Vague enough and specific enough
Repetition
EVOCATIVE WORDSMITHING

1. Use words that are unspecified as to person, place, time, thing, or action. Use outline or “empty” words for which the client has to provide much of the specific meaning.
   - "There are lots of learnings that you have had in the past that you have consciously forgotten about."
   - "You can draw upon experiences, wishes, hopes, dreams, skills, abilities and anything else you need to accomplish your goals."
   - "You can go to a certain time and certain place to get what you need; it might be a time in the past or a time in the future; it might be nearby or far away."

2. Use possibility, permission and empowering words and phrases.
   - "Feel free to tune out anything that I say that doesn't fit for you."
   - "You can just let yourself respond in whatever way you do and validate that response."

3. Use nominalizations (verbs into nouns).
   - "Fears can undo learnings and courage can face up to fears."
   - "Creativity can surprise you. The interest your deeper self shows in new combinations can lead to realizations on many levels."

4. Delete the actor or the acted upon (Subject/object deletion).
   - "Your deeper self can decide."
   - "Help can be received in many ways."

5. Use the passive voice.
   - "Much was revealed."
   - "Change can occur on various ways."
DEVELOPING AND DELIVERING
THERAPEUTIC METAPHORS

*Metaphor includes stories, jokes, puns, anecdotes, analogies, riddles and symbols - Anything that speaks about one thing to refer to another [Gr. meta, to carry and pherien, across]

☐ Purposes:
  à To introduce new possibilities
  à To assess which possibilities appeal to the client(s)
  à To evoke resources (feelings, memories, frames of reference, previous solutions)
  à To transfer know-how/resources from one context to another
  à To deal with objections
  à To channel the discussion
  à To join
  à To normalize
  à To guide associations

☐ Elements:
  à Stories include outline words, which give just enough structure while leaving room for clients to fill in their own details.
  à Many words in the story are therefore unspecified as to person, place, time, thing and action.
  à Stories include characters and action.
  à Stories have beginnings, middles and ends.
  à Stories are told in a novelistic way, using enough description to hold people's attention and get the listener involved in the narrative.
  à Gestures and nonverbals are used to enhance the story.
For additional information on metaphors, stories and change in life, therapy and organizations, see:


McDonald, Betty. *Mrs. Piggle Wiggle*, *Mrs. Piggle Wiggle's Magic*, *Mrs. Piggle Wiggle's Farm*, *Hello, Mrs. Piggle Wiggle* [All published by J.B. Lippincott in a boxed set]


http://www.corpstory.com/