

Mutual Storytelling Technique Worksheet

This worksheet helps therapists guide clients through the Mutual Storytelling Technique, encouraging them to explore their feelings, conflicts, and solutions through storytelling. Use the steps below to facilitate the process.

Step 1: Setting the Stage

- **Explain the Activity:** Introduce the idea of creating a story with fictional characters to explore thoughts and feelings. Example: “Let’s create a story together. You can make up a hero, a problem they face, and how the story ends.”
- **Prompt the Client to Tell a Story:** Example Prompts:
 - “Can you tell me a story about someone who faces a challenge and how they solve it?”
 - “Imagine a character who feels the way you feel right now. What happens to them?”

Client’s Story:



A large, faint watermark logo for Solace Shelter is centered in the background of the 'Client's Story' section. The logo consists of a circular emblem containing a stylized house with a gabled roof and a chimney. Below the emblem, the words 'SOLACE SHELTER' are written in a simple, sans-serif font.

Step 2: Analyse the Story

- **Identify Key Elements:**
- **Characters:** Who are the main characters? What might they represent? Example: “A lonely wolf might represent feelings of isolation.”

Answer:

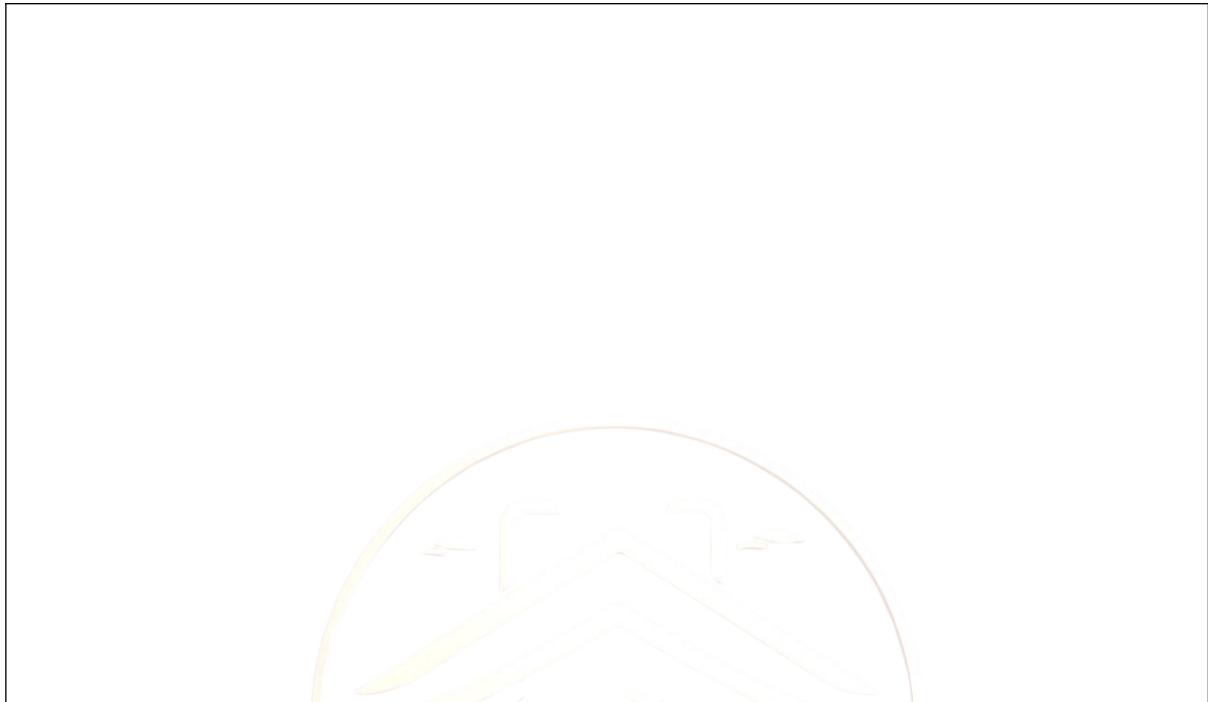
- **Conflict/Challenge:** What is the main problem or challenge in the story? Example: “The wolf is unable to make friends.”

Answer:

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- **Resolution:** How does the story end? Does it reflect hope, fear, or unresolved issues?
Example: “The wolf stays alone, which may reflect hopelessness.”

Answer:



Step 3: Create a Therapeutic Story

- **Develop a New Story:** Create a similar story that introduces healthier ways to address the conflict or challenge. Example: “The wolf meets other animals and discovers they also feel lonely. Together, they build a community.”

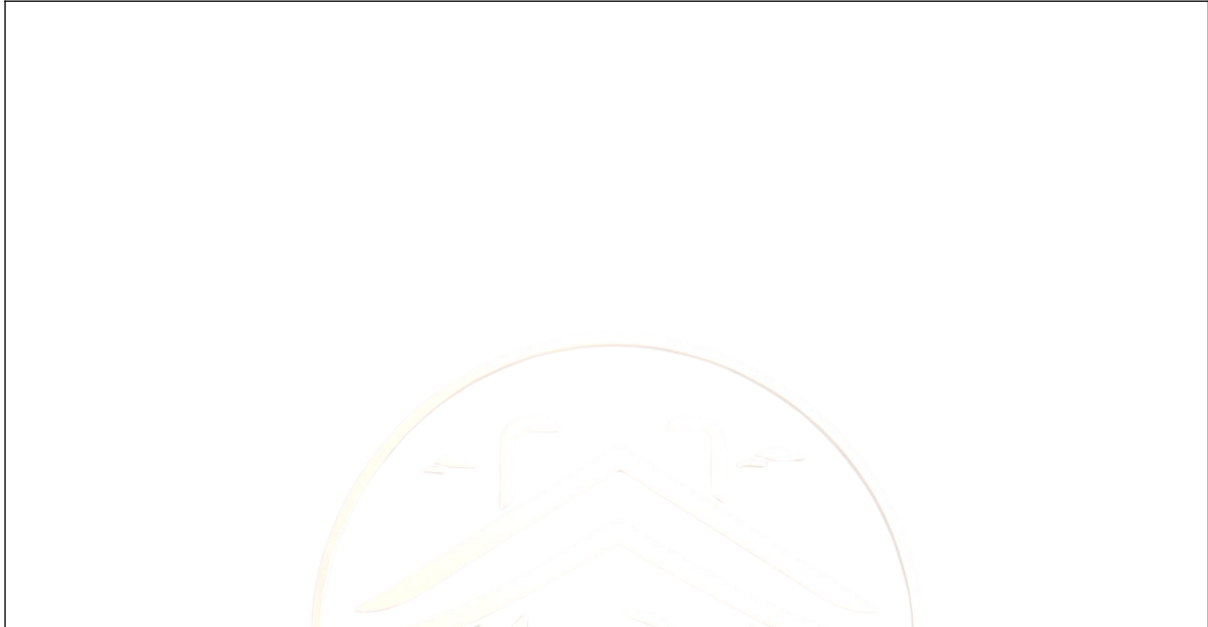
Therapist’s Story:



Step 4: Compare and Discuss

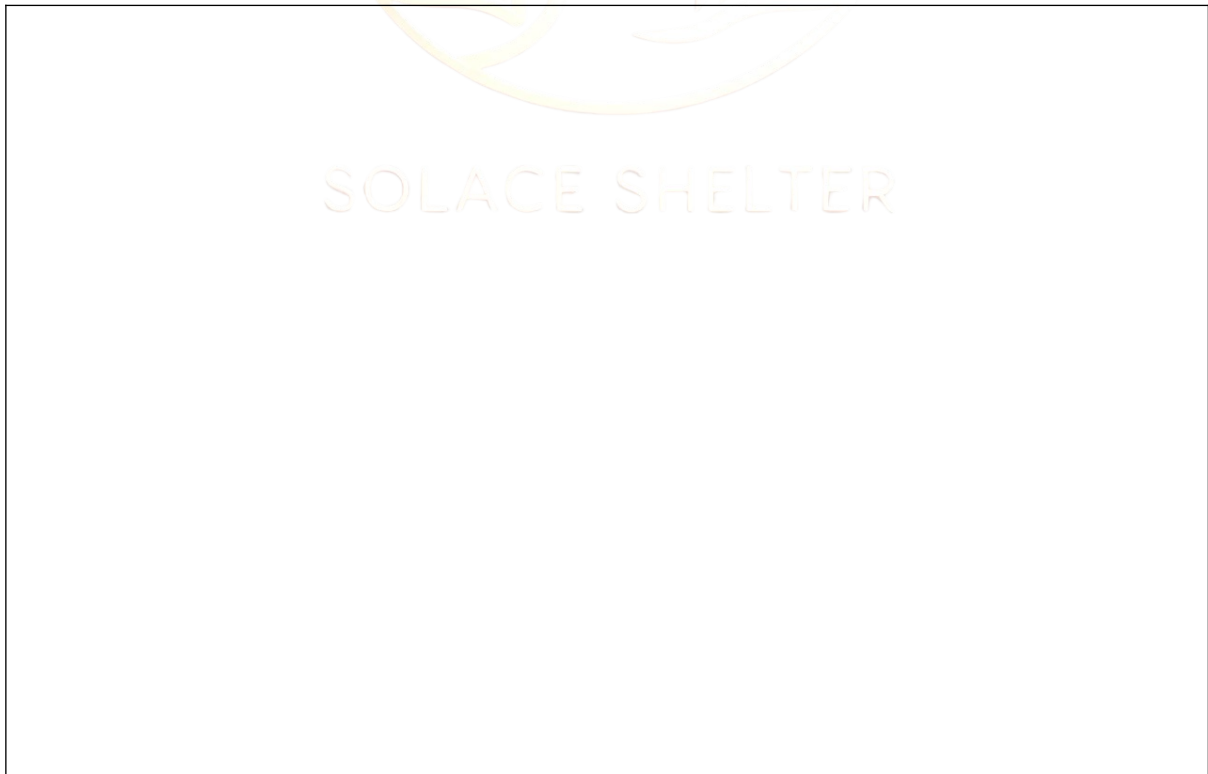
- **Engage in Discussion:**
- **What similarities do you see between your story and mine?** Example: “Both wolves felt lonely at first, but one found friends in the end.”

Answer:



- **What did the hero in my story do differently to solve the problem?** Example: “They reached out to others and found support.”

Answer:



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Step 5: Apply Insights to Real Life

- **Reflect on Lessons:**
- What can you learn from the story we created together? Example: “I can ask for help when I feel lonely.”

Answer:



- **Plan an Action Step:**
- What is one thing you can do this week to address a similar challenge in your own life? Example: “Talk to my teacher when I feel left out.”
- Action Step:



Example for Reference

Client’s Story:

A turtle hides in its shell because it feels scared of the other animals. It stays inside and avoids making friends.

Therapist’s Story:

A turtle hides in its shell but peeks out when it hears a kind rabbit singing. The turtle joins the rabbit and finds that other animals are friendly too.

Discussion:

- Similarities: Both turtles were scared at first.
- Difference: The second turtle took a small step to connect with others.
- Lesson: “It’s okay to feel scared, but trying a little can lead to good things.”

Reflection Questions

1. **How did it feel to tell your story?**

2. **What did you learn from the second story?**

3. **How can you use this activity to solve problems in the future?**

Use this worksheet as a flexible tool to explore the client’s emotions and foster constructive problem-solving through storytelling.