

Story Telling Through Problem

*This can be a lengthy write, so you may want to break it up into several writes. If you do so, reread what you wrote prior before moving on to the next step. I'd suggest doing it in the following segments:

- Steps 1 – 4 + 8 & 9
 - Steps 1 & 5 + 8 & 9
 - Steps 1 + 6 - 9
1. On the top of your page, write 3 words that describe how you are feeling right now and where you feel them in your body.
 2. Choose a situation or circumstance in your life that troubles you.
 3. Set a timer for 15 minutes (or shorter if this seems overwhelming) and write whatever comes to mind about this situation or circumstance.
 4. Reread what you've written and summarize the main idea in a single sentence.
 5. Create a character who has many of the same strengths, qualities, characteristics, and desires as you. This character, however, will not be restricted by any of the limitations or obstacles you are. Write a character sketch of this person.
 6. Set a scene in which your character can begin taking some sort of action on the situation or circumstance you wrote about. Write a description of that scene.
 7. From here, write a story following your character, letting yourself be your guide. This does not have to happen in chronological order. You can quilt it however you'd like.
 8. When you are done, reread what you've written and write a post-writing reflection. Choose at least one of the writing prompts from the last subset of options that include the questions about actions you can take.
 9. Write 3 words that describe how you are feeling now at the bottom of the page.

Tools to use:

- Use the Feelings Vocabulary handout to help you in identifying feelings
- If during your write, you want to describe how your feelings are experienced in your body, use the Body Sensations Vocab handout to help
- Post-writing reflection hand out