

Re-Storying: Honouring the Fluidity of Stories

Consider some significant aspect of your own life story. Without too much reflection, name each section of the story following the template below. Be honest with yourself about how you have typically viewed this *story* as you have looked back over your life.

Then generate some alternatives to that narrative, beginning first with *Re-storying the past* by altering the way in which you name the past. Take some time to engage in a process of deconstruction of your lived experience with your partner to support the process of re-storying. Attend carefully to the sociocultural messages that have shaped the way in which you have *themed* your story to date. How might you reframe the past? Once you have completed this first step, record how this reshapes the present and the future of this story. Repeat this process with *Re-storying the present* and *Re-storying the future*.

| Timeframe | Story | Re-storying the past | Re-storying the present | Re-storying the future |
|-----------|-------|----------------------|-------------------------|------------------------|
| Past | | | | |
| Present | | | | |
| Future | | | | |