

Narrative Therapy Worksheet

Instructions: This worksheet is designed to help you process your experiences and emotions through narrative therapy. Follow each step carefully, reflecting on your thoughts and feelings as you go.

1. Focus on the Facts

- **Describe the Event:**
 - What happened?
 - Who was involved?
 - Where and when did it occur?

 - *Example:* "When I was in third grade, my teacher criticized my artwork in front of the whole class. Mrs. Johnson, asked us to draw a picture of our favorite animal for an art assignment. During the class, she called on me to share my drawing in front of the whole class. I had drawn a colorful picture of a tiger. Mrs. Johnson pointed out that my tiger was not realistic and that the colors were too bright. She made these comments in front of my classmates, who all turned to look at me."
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2. Avoid Negative Judgments or Self-Deprecating Language

- **Rewrite the Event:**
 - Restate what happened without using negative judgments or self-deprecating language.
 - **Identify and Challenge Negative Scripts:**
 - Reflect on any negative scripts or self-beliefs that arise from the event.
 - Challenge these beliefs by asking if they are true or if there is evidence to the contrary.
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3. Use the Mood Meter

- **Identify Your Emotions:**
 - How did you feel during the event?
 - Use the mood meter to pinpoint your emotions.

- *Example:* "I felt embarrassed and hurt when my teacher commented on my artwork. A wave of embarrassment and self-doubt. My heart raced as I felt all eyes on me. I started to think, 'I'm not good at art,' and questioned if I was ever going to be able to draw well. I felt a mix of shame and sadness as I realized that my effort was not appreciated, and I was worried about what my classmates thought of me. This experience made me reluctant to share my artwork in the future."

Make Space for the Emotion:

- Allow yourself to fully experience and validate the emotion. Acknowledge that it's okay to feel this way and that your feelings are valid.

 - *Example:* "I'm giving myself permission to feel hurt and embarrassed. It's okay to have these feelings, and they are a natural response to the situation."
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4. Find a New Perspective

- **Reflect and Reframe:**
 - Consider alternative ways to view the situation.
 - Validate your emotions and shift your focus toward growth.

- *Example:* "It's natural to feel embarrassed when criticized in front of others. However, this experience helped me understand that everyone's artistic expression is unique, and that one person's opinion does not define my creativity."

5. Focus on the Present Moment

- **Connect to Now:**
 - How do you feel about the event now?
 - What can you do in the present to address your feelings and move forward?

 - *Example:* "Currently, I feel more confident in my artistic abilities. I appreciate my unique style and understand that criticism is just one perspective. To continue growing, I will keep creating and sharing my art without fear of judgment."
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Conclusion:

- Reflect on the overall process.
- How has reframing your narrative helped you?
- What insights have you gained?

By focusing on objective facts, avoiding negative judgments and challenging negative scripts, using the mood meter to understand and validate emotions, seeking new perspectives, and staying present, you can create a healthier and more constructive narrative for your experiences.

Reflection:

1. **What was the most challenging part of this exercise?**

2. **How do you feel after completing the worksheet?**

3. **What positive changes can you make moving forward?**