

Reframing Your Story or Re-Imagining Your Story

There are many creative outlets to use to reframing/re-imagining your story. Today we will be creative writing to re-imagine your story. You are not limited to just creative writing- you could write a song, or rap, you could write an Autobiographical fairy tale, or a poem. When you get home after re-imagining your story you could sculpt, paint, draw, or perform your story. Then ultimately will you choose to keep it private or will you share it with your world and ultimately the world?

*Begin with choosing an event-not the most traumatic current event, maybe start with something that inspired you and it changed your perspective.

*You could choose a deep longing...like peace.

*How do you overcome obstacles? (be expansive, and creative, anything is possible in your story,) you could make the obstacle a hero. Your obstacle could be fear, grief, or self judgement.

Remember you are the hero of your story, also remember that these are our stories of hope and healing. That doesn't mean we don't acknowledge pain it just means we don't stay there; we move through it to the other side with creativity and hope.

*To learn how to write a story of hope and healing we recommend the Pathways to Recovery work book.