

Narrative Map: A Journey to Rewriting Your Story

1 Setting the Scene: Your Current Story

- What is the story you tell yourself about this problem? How does this story affect your life?



Draw a map showing the areas affected by your problem

3 Discovering Lights: Exploring Exceptions

- Can you recall a time when you successfully resisted or overcame the problem? What strengths or skills did you use?



Describe the exceptions: When does your problem disappear, and under what conditions?

5 Step into your role as the hero: Creating a New Story

- If your story had a hopeful ending, what would it be? What new role do you want to play in your story?



Describe how you would defeat your anti-hero

2 Name your Problem: Externalizing

- If the problem were a character in a story (an anti-hero), what would it look like/act like?



Draw your anti-hero: If your problem took center stage as the anti-hero of your life story, what form (creature/person) would it take?

4 Discover Your Strengths and Resources

- What resources (tools, knowledge, networks) do you already have that can help you?



List your superpowers and resources that can help you resolve the problem

6 Moving Forward: Integrating

- What daily actions support your new story? How will you handle challenges or setbacks while staying aligned with this narrative?

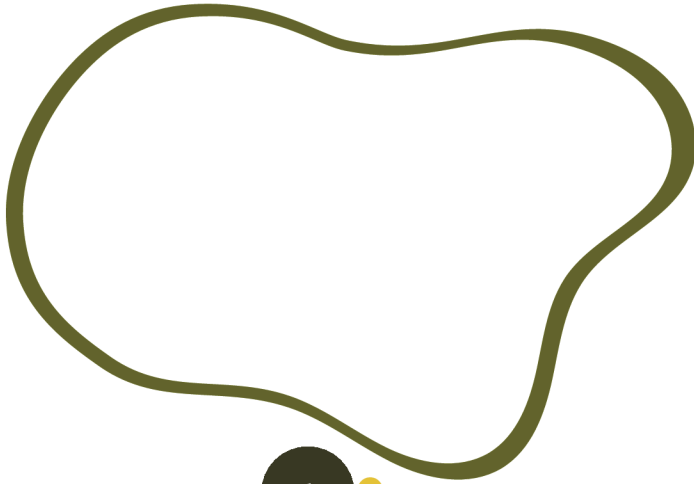


Describe what will help you on difficult days





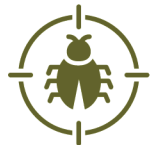
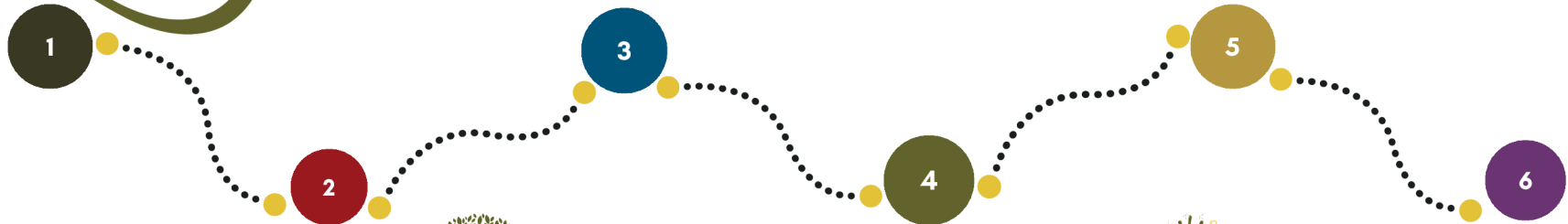
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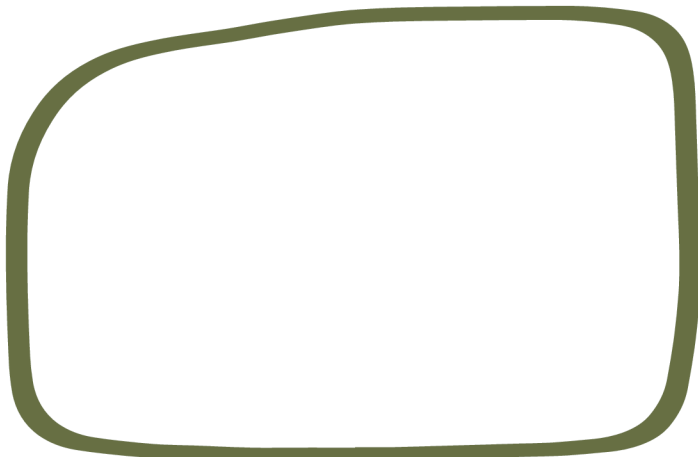
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