



# Reauthoring Your Story: Telling & Retelling

A Becoming Safely Embodied Skill

## Step 1: Tell yourself a story

---

Taking paper and pen (yes, it's best to actually write instead of using a computer) write down a personal event, preferably one that holds some degree of emotional charge. Embellish your writing with "it" as it really feels. You want the telling to be rich with emotions and sensory details. Imagine you were telling it to your best friend. Don't hold back!

## Step 2: Reflect

---

What does this story mean about you now? Are there any thoughts you're having as you tell this story? What are you feeling as you tell this story? What sensations are happening in your body?

## Step 3: Different perspectives

---

Now write the story (or tell your friend) from a different perspective and even with a different outcome that would happen by telling the story from this different perspective.

Here's a couple examples: One client told me a story of sitting in the park with a friend, upset about something while some children were playing by the pond. I suggested she tell the story from the children's point of view. She first started by sliding the story back to her point of view. (We all do this!) I kept revectoring her to keep talking/writing from the children's point of view. Doing so she found herself happy, enthusiastic, and joyful. That totally surprised her.

Other options could be: If the dust particles in the air could tell the story, how would they tell it? How would Oprah tell it? Or Bono from U2? What about the chair you're sitting on, how might the chair describe what happened? If you have a pet, how would they tell the story?

The variations are endless ... and completely fun to try!



# Reauthoring Your Story: Telling & Retelling

A Becoming Safely Embodied Skill

## Step 4: Reflect

---

After each "retelling" of the story pause and "listen" for the positive pieces or themes in the new version. The person I mention above had also described seeing a hawk while sitting at the park. This person then told the story from the hawk's point of view. Again, this person experienced a magical shift, describing the story from a soaring place, feeling the strength in their arms as they dipped and rested in the wind. They described a wonderfully expansive experience.

Each story from different perspectives will have different thoughts, feelings, sensations. What are they for you?

## Step 5: Okay one more thing

---

What combination of elements feel the best? What thoughts made you feel better? What perspectives allowed your body to feel more relaxed, your eyes to smile, energy to expand and orientation to life to become more open?

What would it be like to live life from a different perspective? What if every day you played with trying out a new perspective? What effects would that have on your life in general?

Gentle reminder: Old beliefs can actually be holding the past in place. Practicing a new story can lead you in much more satisfying ways to live your life. Enjoy!

## Subscribe to any (or all) of my channels

---

[www.dfay.com/safeguide](http://www.dfay.com/safeguide) to join my mailing list

<a href="#">youtube</a>	Facebook	Instagram
<a href="http://www.dfay.com/youtube">www.dfay.com/youtube</a>	<a href="http://www.dfay.com/facebook">www.dfay.com/facebook</a>	@dfaypics

Here's to you!