

Story Mapping Activity

Listening to Stories to help externalize narratives



Dominant Story: Draw a line to represent the hills (positive moments) and valleys (negative moments) from the past week or month.



Developing a Focus: Select one valley (negative moment) and draw what that experience feel or looks like.



Alternative Stories: Consider the other moments present within the valley (negative moment). Reflect on what supported you and draw it. Reflect on how you overcame the valley (negative moment) and draw it.



Stories in the Making: Consider how the additional moments you have added change the valley (negative moment). Reflect on the lessons, skills, and/or knowledge you can take from the changed valley (negative moment) and draw it.

