

The Healing Power of Story Telling

The main character

- First Person “I, Me”
- Third Person “He, She, them or they”

Some sort of problem

- Everyday struggles
- Life barriers
- Personal Complications

A plan of action

- How to solve the problem.
- What did you want to do?
- What would you need to do?

The threat of failure

- What prevented you from accomplishing your goal?
- What fears arose when you wanted to take the next step?

Ultimate success

- How did you accomplish your goal?
- How did you solve your problem?

A simple framework with great power

Many powerful stories consist of the same sorts of basic elements:

- **The main character**
- **Some sort of problem**
- **A helper or guide**
- **A plan of action**
- **The threat of failure**
- **Ultimate success**

Why Your Story Matters

Human beings have a basic need to understand. This comes from an inborn tendency to organize experiences. Being that we’re hard-wired for this doesn’t mean that it comes easy. Some people have a knack for processing experiences and events in their own mind, while others struggle harder. When trauma hits though, all bets are off, as the stress of the experience causes nearly all of us to fragment, dissociate or numb out. We lose the tools as well as the map that helps guide us toward understanding.

But when we return and start to plot-point our trauma narrative, we live through our story in a new way. Our personal narrative offers us a chance for not just understanding, but for reorganization our sense of self . A self that was wounded, broken, frightened or lost—but can now be reclaimed. The power of telling your story allows you to transform the foreign into the familiar—making the unspeakable speakable. Your narrative and yours alone, can bring you awareness and closure

Stories are a bonding tool. They unite people in their quests to overcome turmoil because everyone can identify with and relate to a story.

Hearing someone else’s story can provide hope to the broken. Often, the only thing that can comfort someone who has lived through great tragedy or tough circumstances is the account of someone else who went through something similar and made it through, wounds and all.

When you understand the story you’re part of and the role you are capable of playing, you can heal the wounds of the past and focus on the challenges and joys of the present.

It’s just as important to share your own story as it is to hear the stories of others.

Elevating Legends believes in the power of storytelling to dismantle barriers, bring healing, and inspire hope for people, and we aren’t alone.

We are here for each other; we are here to share our experiences; we are here to heal.