

Storytelling Practice Environment

Suspend your critical mind. Listen to your partner telling a story with empathy and pleasure – without interrupting or thinking about how to respond.

How do I get the most from my stories?

1. The listener gives the teller a Story Prompt (from the Core Stories Worksheet):

Tell about . . .

2. The listener listens delightedly, jotting down a few key phrases from the story that grabs them.

3. When the teller is finished, the listener asks at least 3 of these questions of the teller to help them understand more about their story & identify their key message:

- A. What do you like about this story?
- B. What does this story mean to you?
- C. What did you gain from this experience?
- D. What have you learned or what has this experience taught you?
- E. What decisions have you made based on this experience?
- F. What do you like about how you TOLD this story (see list below for ideas)?
- G. Is there anything else you want to tell me about this story?

4. When it is your turn, respond to the teller with 2 or 3 of these responses to help them know what worked in their story (remember it takes 5 positive comments to remain neutral after receiving 1 critical comment or suggestion):

- A. What I appreciate about this story is . . .
- B. The affect this story had on me is . . .
- C. What I like about how you TOLD this story is (see list below for ideas) . . .
- D. What this story did for me is . . .
- E. Thank your partner for his/her story & switch

IDEAS FOR HOW THE STORY WAS TOLD:

Story

Plot Structure
Characters Details
Meaning

Teller

Vocal Variety Pitch
Pace Tone
Gestures Emotions
Facial expressions Personal style
Personal presence

Effect On You

Images Sounds
Smells Tastes
Emotions Memories
Physical feelings