



Unit 2: Problem Stories

What is covered in Problem Stories?

At times, all our lives can become coupled with problem stories. Sometimes these problem stories travel with us for what feels like our whole lives. At other times, temporary problem stories emerge when we are struggling with a transition, feel stuck in a relationship, or we are dissatisfied with our work, careers, or a role we perform in life. There are times when our wellbeing and mental health suffers because of these problem stories.

In this unit you'll look at the effects of problem stories in your life and start to appreciate what they add to and take away from your life. Work out why you can be so connected to your problem stories and what it might take to release yourself from a problematic narrative.

What will you learn?

- Identify the effects of problem stories.
- Recognise that problems are external and separate from us.
- Notice how problems influence the conclusions you make about your identity.
- Review how problem stories hold you back (the restraining factors).
- Identify the hopes and expectations hidden in problem stories.

What else?

Learn more about how you can find meaning in your signature stories in Unit 3 and consider complementing your development with some 1:1 coaching with our narrative practitioner.

How do we sign up?

Contact us at madebetterhuman.com.au