

Unit 5: Deconstructing Stories

What is covered in Deconstructing Stories?

Deconstructing stories allows us to examine how we bring our own form of resistance to our problem stories. Our problems are never with us 100% of the time. Recognising the times in our lives where our problems are not present gives us clues to some of the capacities that are within us to overcome the problem stories that can become a significant theme in our lives.

This unit will provide you with practical ways you can deconstruct some of the dominant problem stories in your life that are no longer useful for the future hopes and ambitions you see on your horizon. You will learn how to transform problem stories into stories of redemption and revival.

A stack of several books is shown on a light-colored wooden surface. The books are of various colors, including green, blue, and brown. A circular graphic with a white border and a teal background with white polka dots is overlaid on the books. Inside the circle, the text "Made Better stories" is written in white. The books visible include titles like "The Fool of God", "The Finishing School", "Smoke on the Mountain", and "So Little Time".

Made
Better
stories

What will you learn?

- Learn the ways you can deconstruct stories.
- Understand what is implied in our stories.
- Notice the use of magical thinking in our stories.
- Identify inner qualities that support you in achieving your hopes for the future.
- Re-title problem stories.

What else?

Learn more about exception stories the offer you an alternative way of being in Unit 6 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