

Unit 6: Exception Stories

What is covered in Exception Stories?

How we name our experiences can significantly impact how we make sense of life events. There is a difference between saying, *'I am an anxious person'* and *'At times, anxiety visits me and can overstay its welcome'*. How we talk about and make sense of our problems and experiences can, at times, make us feel like we are our problems. However, our problems do not travel with us at all times. There are exceptions to the normal experiences of our lives.

In this unit we show you how to gain mastery over your stories and the meanings you have given to them. You'll learn how to keep problem stories external to you so you can better manage their impact and start to recognise other, more empowering stories that are available to you.



Made
Better
stories

What will you learn?

- Identify the sparkling moments in your stories.
- Practice the art of double listening.
- Look out for thematic and causal coherence in stories.
- Explore the history of problems and place problems within a context.
- Quantify your core beliefs.

What else?

Learn more about how you can focus on hopeful stories in Unit 7 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