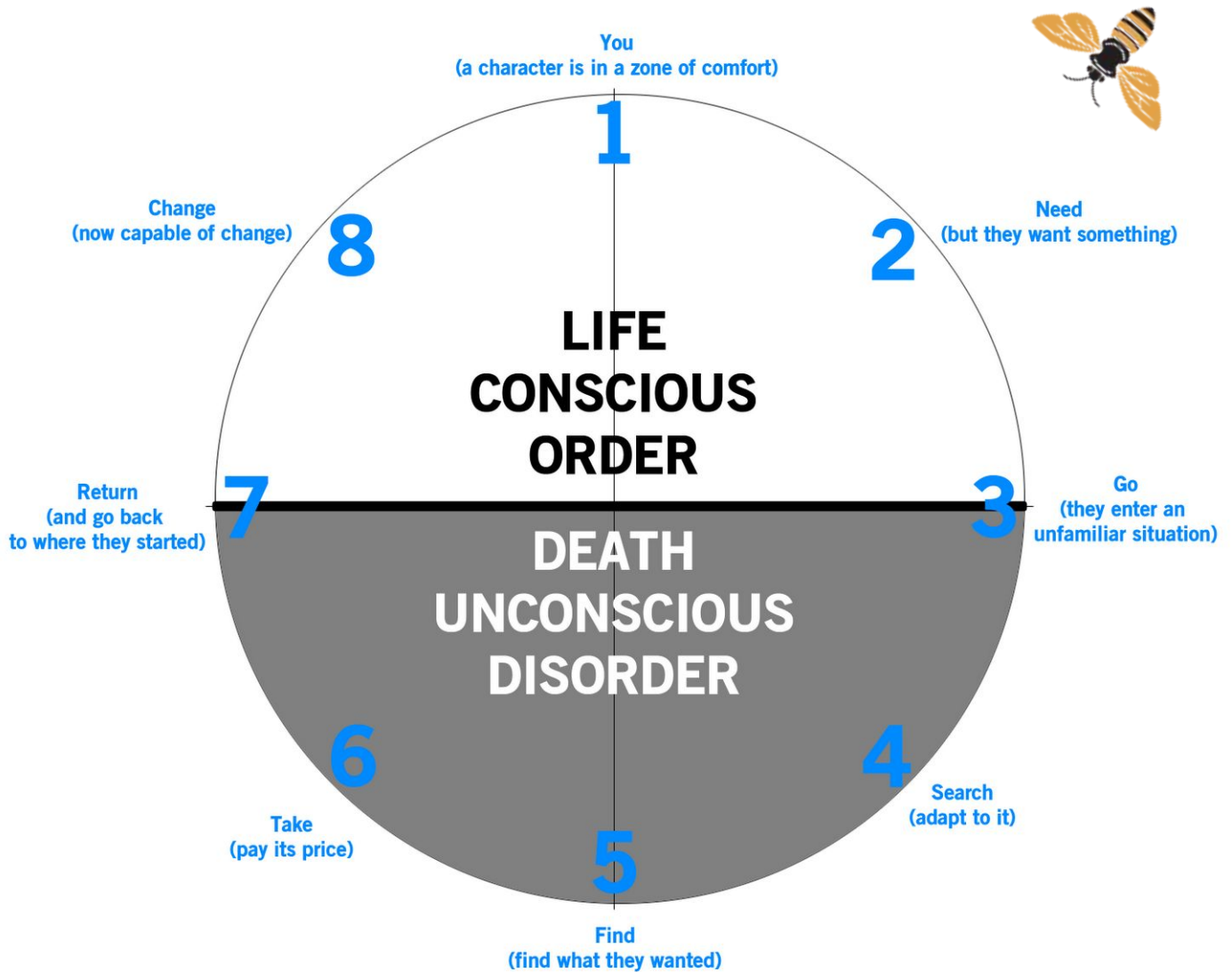


Your Story Circle

Everyone has a story, made up of many connected stories. Yours touch other people's and theirs touch yours. Shared narrative...

STORY STRUCTURE CIRCLE



Your story is a repeated cycle in which you encounter adversity of some sort and either avoid it or embrace it whether by choice or external force. Then, you deal with it in a way that does you damage or makes you stronger. If we always avoid the dark side of life, it will eventually begin sneaking in through the basement door. Resilience is the strength we earn when we do the work of dealing in healthy ways with death, the unconscious, and the disorder of life. Each of us has great capacity for resilience and a fascinating set of stories to tell.

This story structure was adapted from Joseph Campbell by Dan Harmon.