

Taking the Wind out of Trauma's Sails

Think of a moment of an experience that had a negative experience in your life; That you needed to take control over on some form. Take a moment to remember how you recognized the need to get this experience under control. What steps did you take?

1 Can you describe this experience to your partner?

2 What size was the negative influence that this experience presented? Was it as big as a house? Was it like a mosquito gnawing at you?

3 What size would you prefer this to be? Why?

4 What was the first step you took to change the size and presence of this negative experience?

5 What further steps did you take?

6 What would you call the resources that helped you accomplish this?

7 Did you have help and support of any kind in this process? What kind of help did you have?

8 If so what did your helpers do to decrease the presence of this negativity?

9 What happened to your life as you changed the size and effect of this negative experience?

10 How did this change effect your sense of your life?

11 Does knowing you changed this tell you something about your resources?

12 What are your hopes for the future about making this change?

13 Could this change you made in your life suggest how you might approach other negative areas of your life?

14 What other areas might you want to change?

15 What can you take home from this interview?

The Jerusalem Narrative Therapy Institute

Chanarachel Frumin, Acting Director: chanarachelfrumin@yahoo.com

Gidon M Friedman, Consulting Director: gidonmf@netvision.net.il