

# Storytelling

A Tool for Personal, Family, and Community Healing

## Handout Packet



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*

# WHY PEOPLE GIVE UP



expect fast results



stop believing  
in themselves



get stuck  
in the past



dwell on  
mistakes



fear the future



resist change



give up their power



believe in  
their weaknesses



feel  
the world owes  
them something



fear failure  
more than  
desire success



never visualize  
what is possible



feel they have  
something to lose



overwork



assume their  
problems are unique



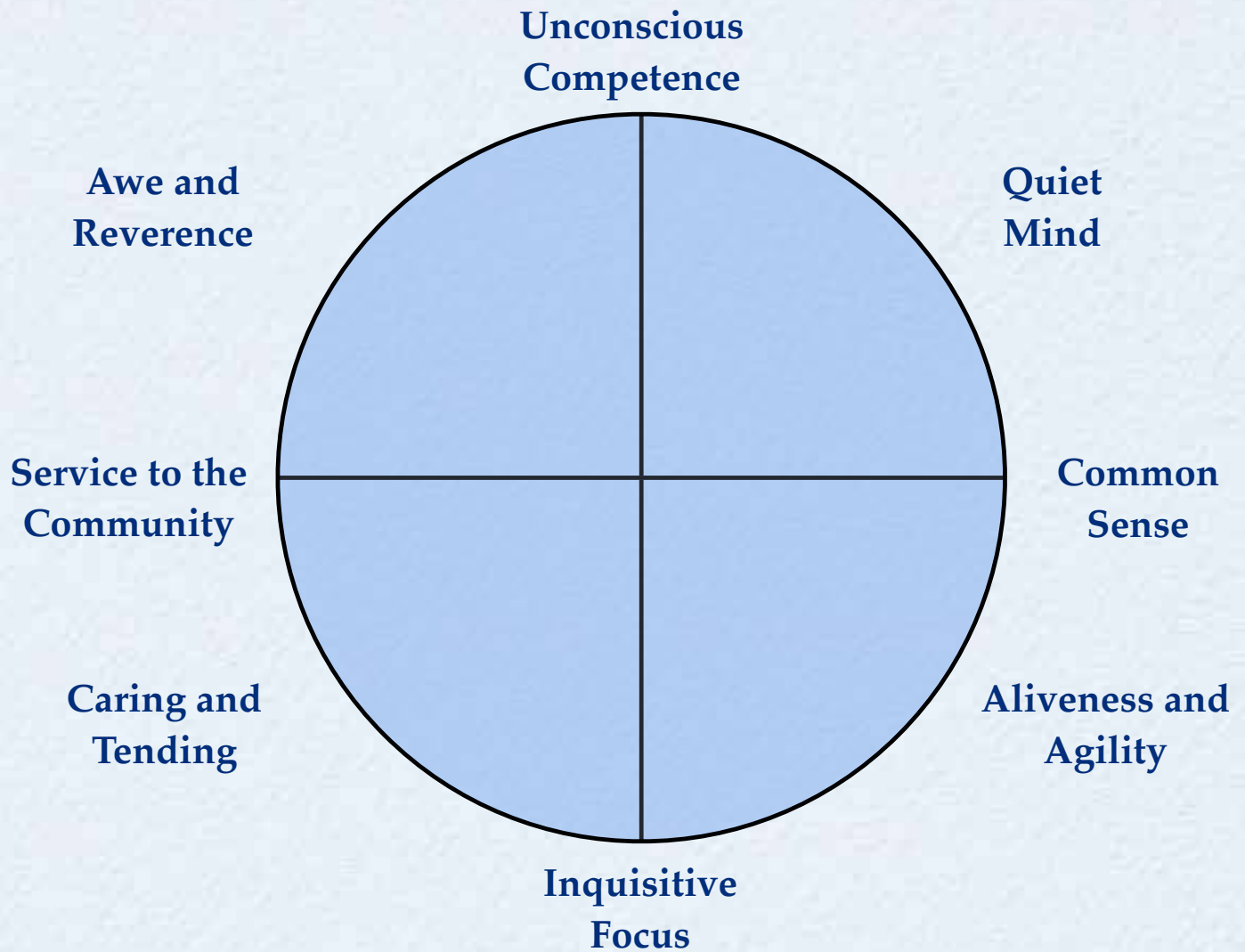
see failure  
as the signal  
to turn back



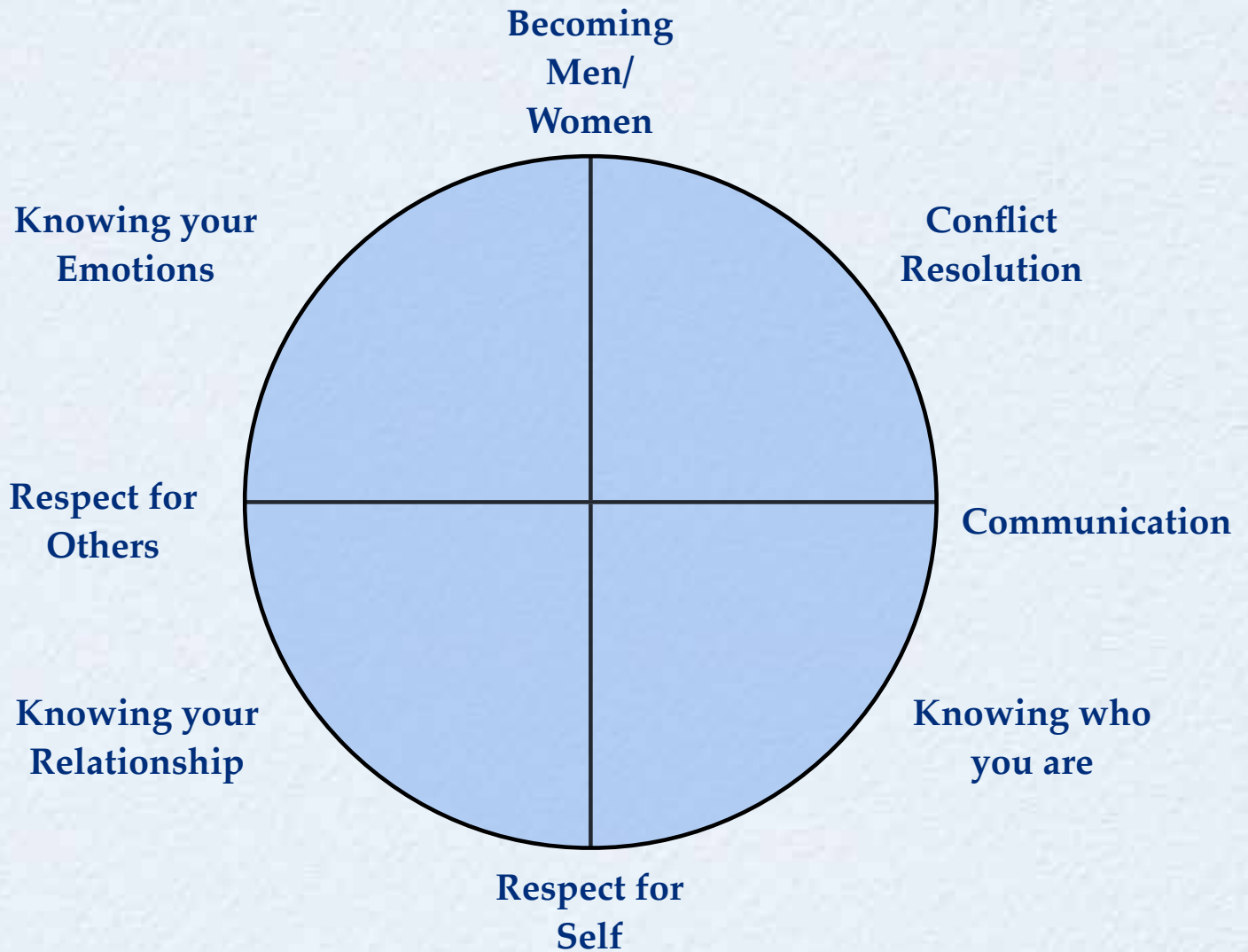
feel sorry for  
themselves

by Anna Vital

# Indicators of Awareness



# Compass



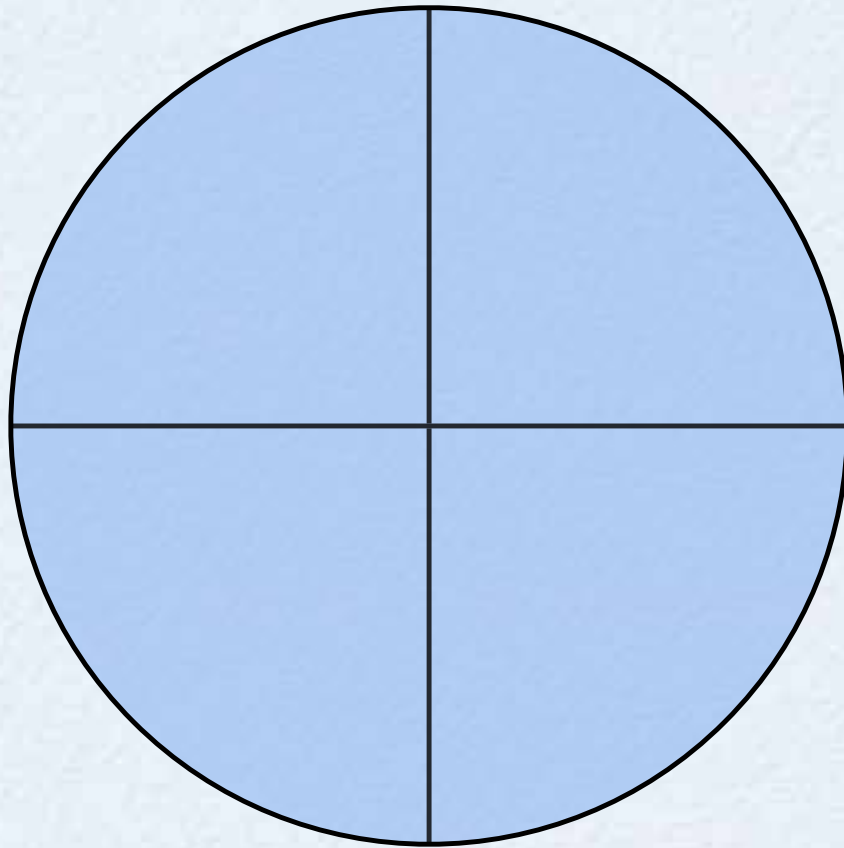
## Process/Possibility Circle

**Reflection**

**Results**

**Potential**

**Action**



# Short Stories Structure

1. Where were you born?
2. What is your earliest memory?
3. What objects do you remember from your childhood?
4. When you were young, what is it you wanted to be when you grew up?
5. Describe a ritual you perform on a daily basis.
6. Describe a cultural story or ritual you were raised with that still inhabits your life.
7. Describe a typical day.
8. What gets you up in the morning?
9. How do you get through the day? (What keeps you going?)
10. Describe your favorite room in your home.
11. What is your favorite time of day or night?

12. What do you love?
  
13. What do you hate?
  
14. What do you most fear?
  
15. What do you hope for?
  
16. What is your biggest regret?
  
17. What does family mean to you?
  
18. What do you imagine happens to you when you die? (body and soul)
  
19. What do you imagine will be your legacy?
  
20. What do you leave behind when you die?
  
21. How would you like to be remembered?