

# STORY IN PROCESS



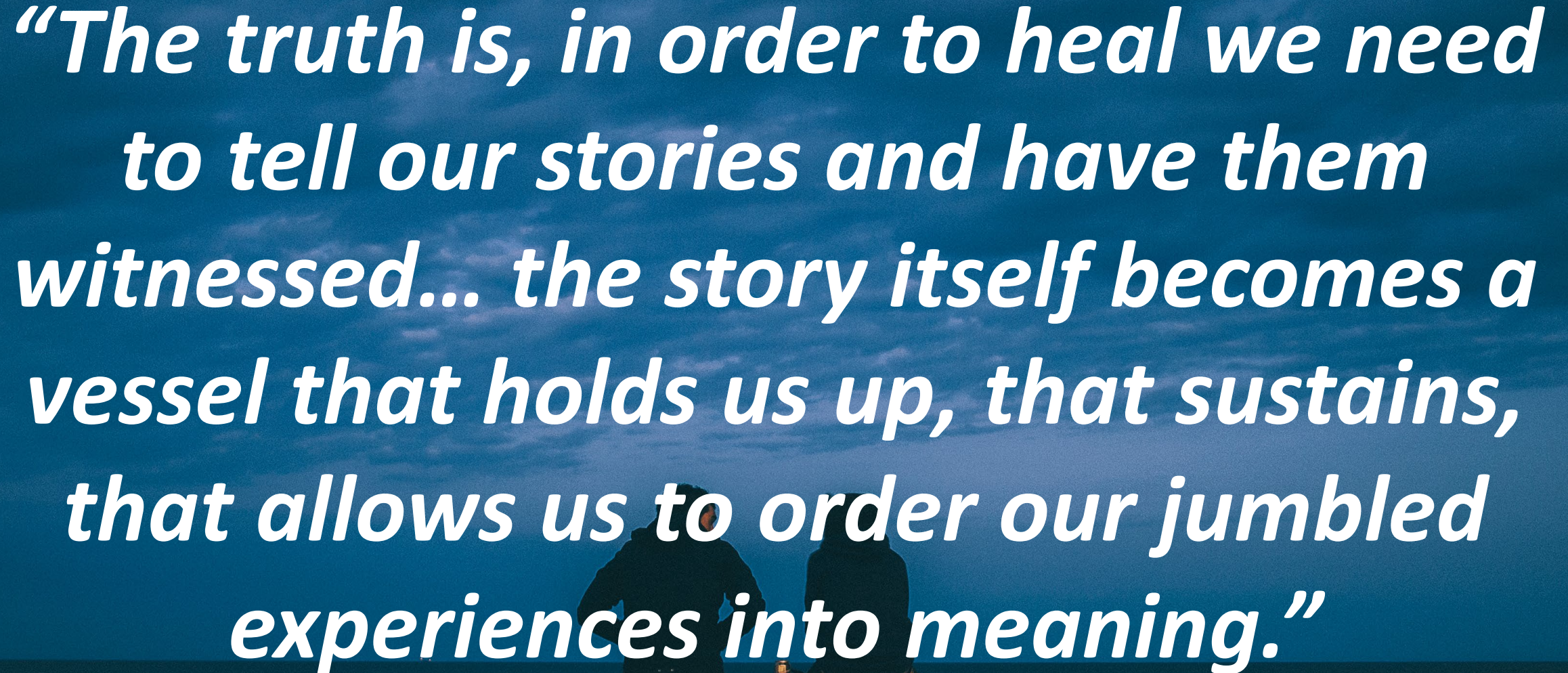
BY *BESPOKEN*  
LIVE

A safe space to find meaning in our trauma.

*Check-in*





A photograph of two people sitting on a beach at sunset. The sky is a deep blue with some light clouds. The people are silhouetted against the bright light of the setting sun. The text is overlaid on the image in a white, bold, italicized font.

*“The truth is, in order to heal we need to tell our stories and have them witnessed... the story itself becomes a vessel that holds us up, that sustains, that allows us to order our jumbled experiences into meaning.”*

- Sue Monk Kidd

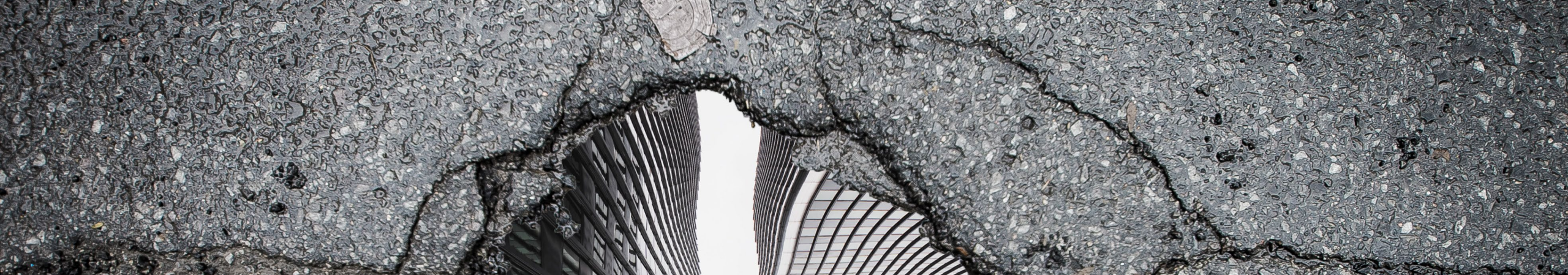




# Story & Trauma







# Body Mandala



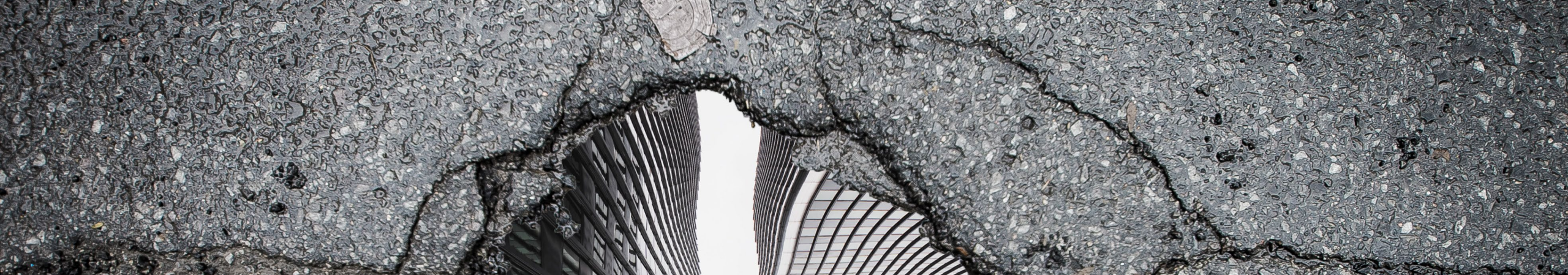


**“A story is the telling of the significant actions of characters over time.”**



**Daniel Taylor**





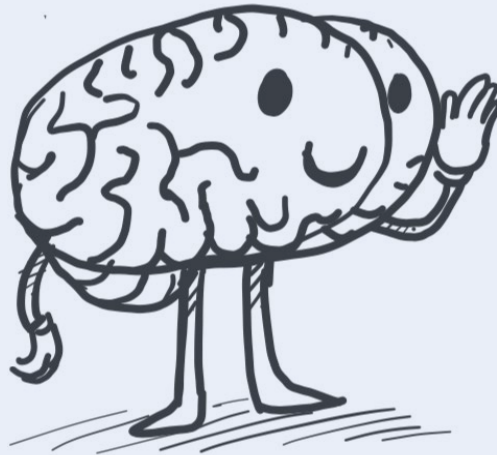
**I am, You are, We are**





# Story Listening Guidelines

*Listen with  
your **BODY***



*Listen with your  
**IMAGINATION***

*Respond in  
**KINDNESS &  
GRATITUDE***

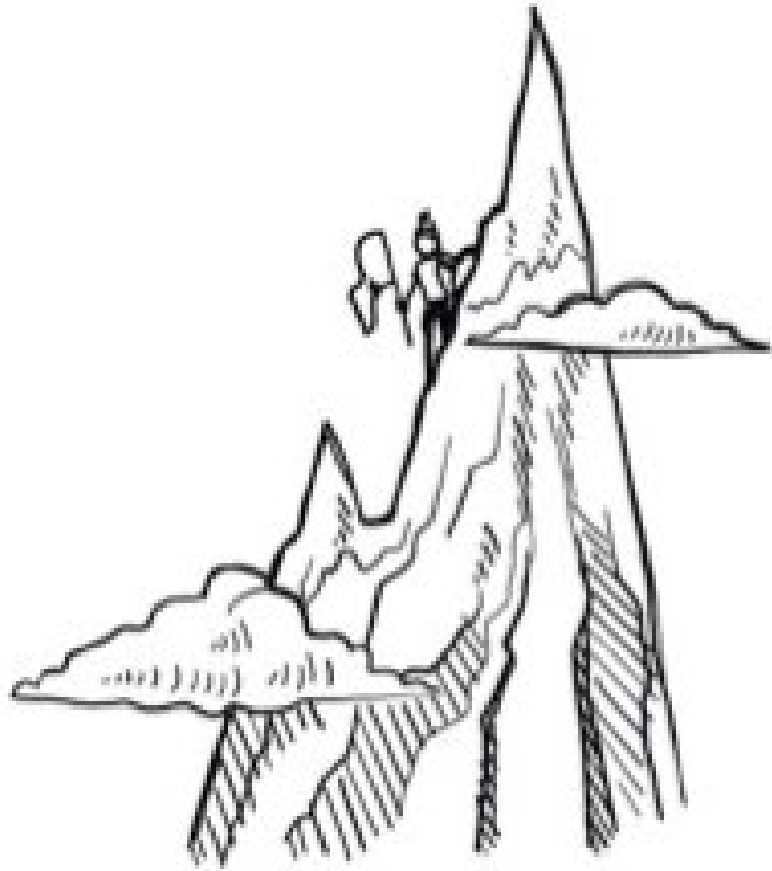




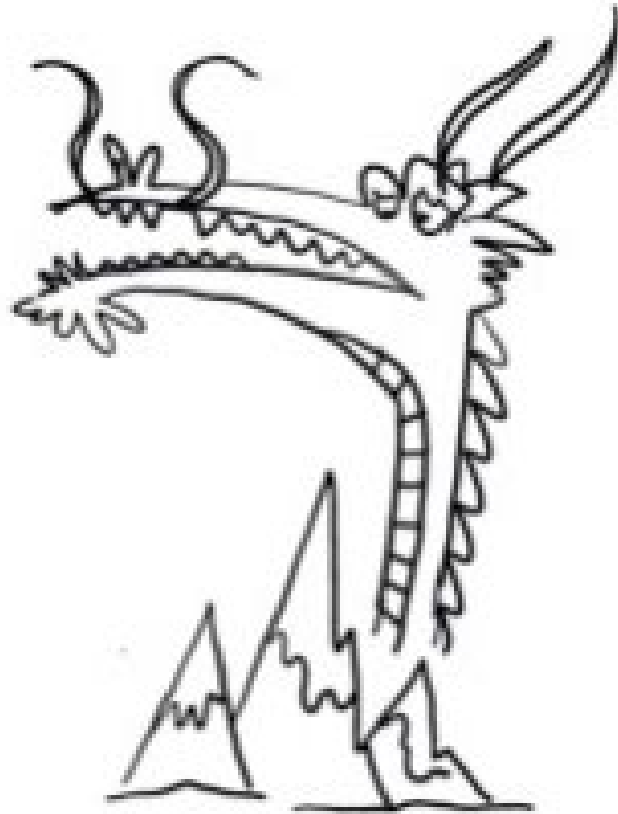
**“Thank you for sharing. The  
part I’m grateful for is...”**



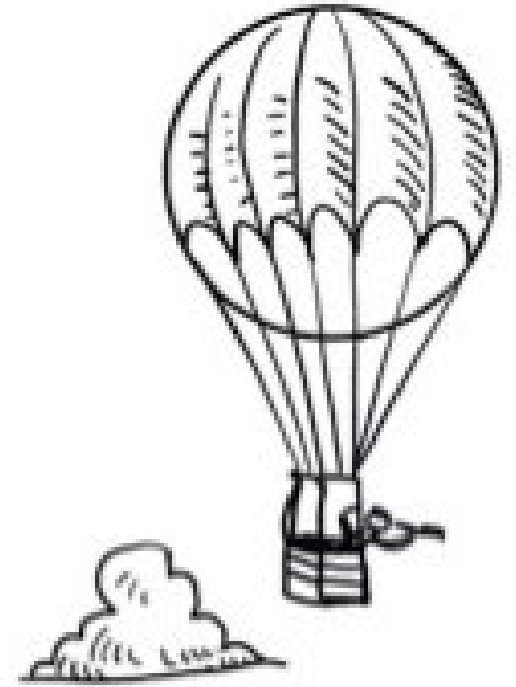




**EVERYDAY...**



**UNTIL ONE DAY...**



**SO NOW...**





**EVERYDAY...**



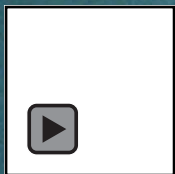
**UNTIL ONE DAY...**



**SO NOW...**



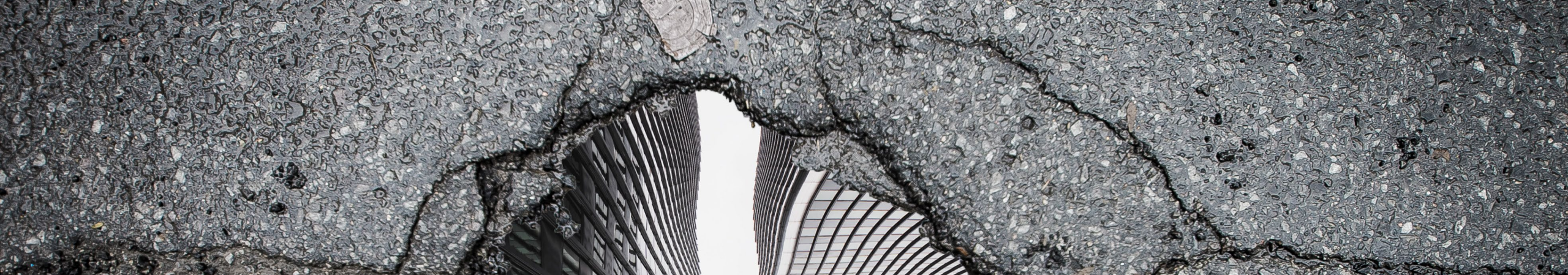
# Story Centering





Until one day...





# Body Mandala







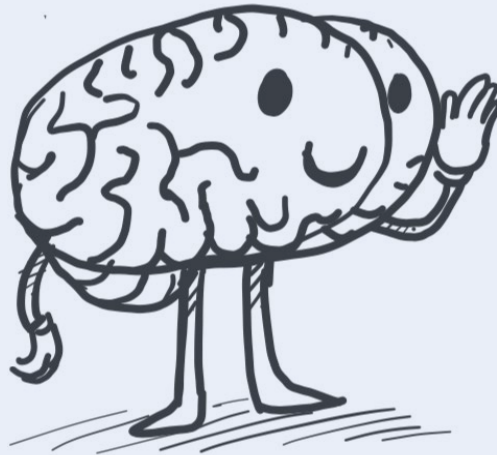
**3 specific sensory details**





# Story Listening Guidelines

*Listen with  
your **BODY***



*Listen with your  
**IMAGINATION***

*Respond in  
**KINDNESS &  
GRATITUDE***





**“Thank you for sharing. The  
part I’m grateful for is...”**

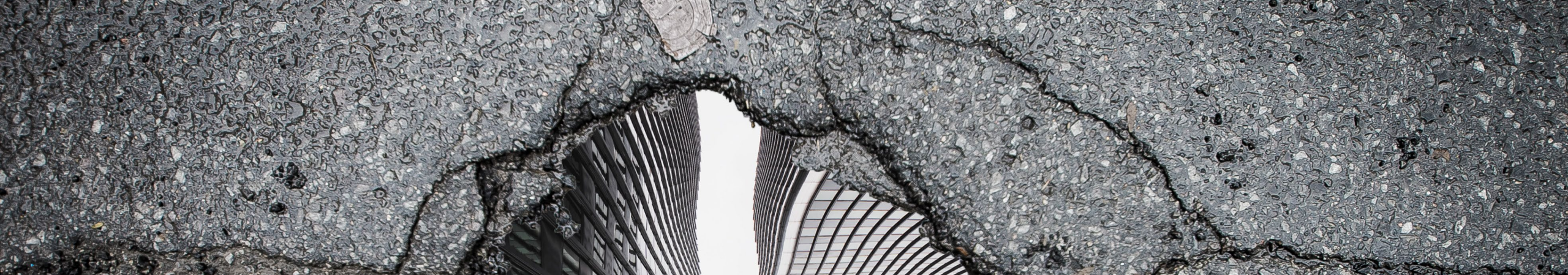




*In pairs...*

- 1) Use Story Listening Guidelines.**
- 2) Describe Body Mandala.**
- 3) Share story with sensory details.**





# Body Mandala





*Check-out*





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