

Introduction to Relational Storytelling

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Goals of the Presentation

- Be able to craft and tell stories of connection in order to foster a more cohesive community
- Be able to identify and challenge stories of separation
- Be able to share resonance with stories of connection



My Story

- What in my story resonated, or struck a chord with you?
- How did you feel hearing my career bio?
- How did you feel hearing my career story?
- How did the second story make me more human?



STORIES OF SEPARATION



Three stories have been woven into our social fabric, weakening the threads that tie us to one another and ultimately eroding our social institutions.

Domination

*Alienation from
Nature & Body*

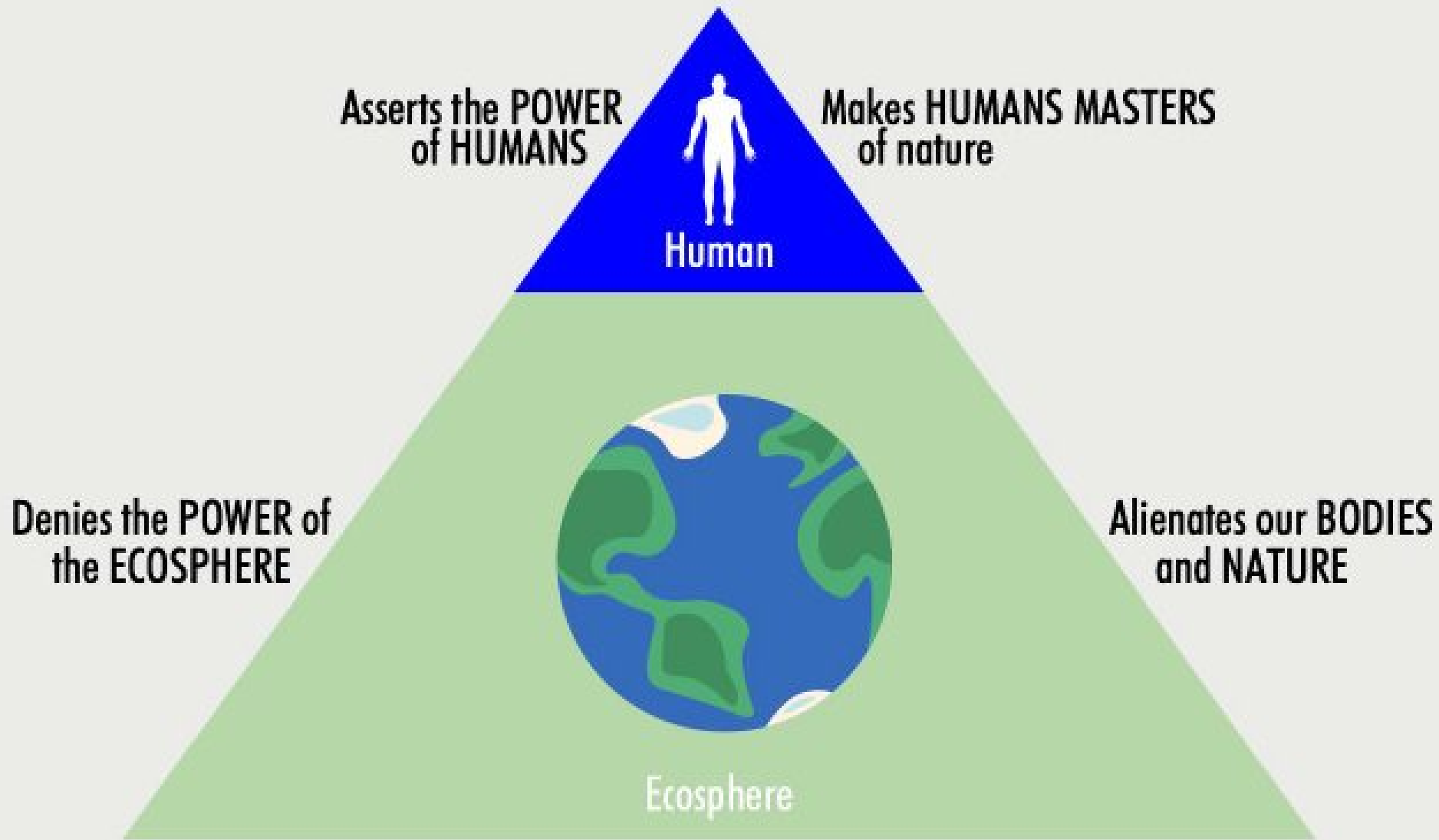
Civilization

*Alienation from
Diverse Voices*

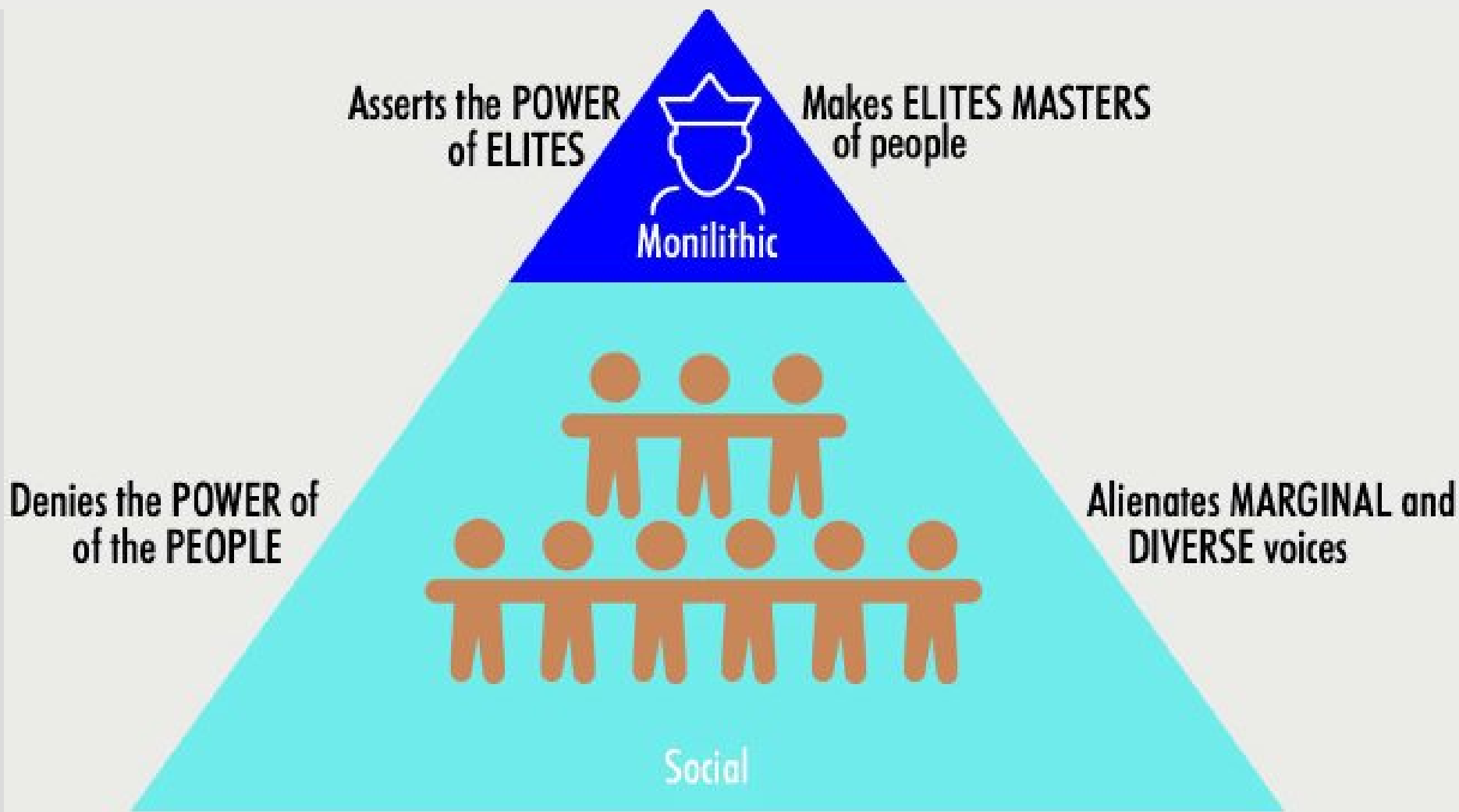
Self-Sufficiency

*Alienation from
One Another*

THE STORY OF DOMINATION



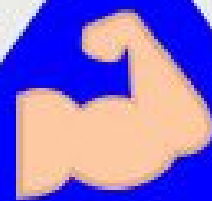
THE STORY OF CIVILIZATION



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THE STORY OF SELF-SUFFICIENCY

Asserts the POWER of INDIVIDUALS



Makes SELVES MASTERS over dependency

Self-Sufficient

Denies the POWER of RELATIONS



Alienates ONE ANOTHER

Interdependent

REMEDICATION:

STORIES OF CONNECTION

WE NEED STORIES THAT TIE US TO
NATURE, LEGACY, & ONE ANOTHER

WE NEED STORIES TO REMIND US
WE SHARE VALUES & STRUGGLES



Coherence

Challenge What did you struggle with?

Supports Who supported you, how did they support you, what effect did this have on you?

Choices What agency did you find? What leadership did you take?

Outcome What was the result? Where are things now because of the decision made?

Values What was reclaimed that you now see as precious to your survival?

LEARNING TO SHARE RESONANCE

What to do....

Say: “I was right there with you when _____”

What NOT to do....

Interpret, Tell your own story, Ask Questions, Share
Opinions, One-Up, One-Down

If you notice someone drifting interrupt by asking:

When were you right there with them?

Your Stories

- How did it feel to tell a story like that?
- How did it feel to receive resonance?
- When could you use this in your program?

Additional Resources

The Relational Center : RelationalCenter.org

Mark Fairfield (founder of RC): MarkFairfield1CSW.com

Healing Justice Podcast, Episode 20 and 32

Training at Gestalt Institute of Cleveland February 4-6, 2019

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