



Tell your story

Title

Tell your story

Description

This tool is about deeper understanding of underlying aspects of helping profession.

Using this tool may help to:

- Empowering workers in helping professions
- Deepening workers' understanding why they do, what they do
- Understanding that helping profession has got an aspect of reciprocity and mutual exchange
- Strengthening the point of view that the service is provided in the relation of two human beings (I and You, not I and it)
- Teach or learn about values

This tool can be used wherever staff or trainees tend to be too technical, too much distance keeping, not enough human.

There are five topics of possible stories. From the first one to the last one they shift the focus from me ("I") to the role the human being I am helping to ("You") has got in my life.

The topic of stories are:

1	<i>Welcoming and acceptance story:</i> <i>Tell a story of how your heart got you into working with people that are usually rejected.</i>
2	<i>Recovery story:</i> <i>Tell a story of someone you worked with who got much better.</i>
3	<i>Recovery worker story:</i> <i>Tell a story of someone you worked with who got much better and you were very important.</i>
4	<i>Reciprocity story:</i> <i>Tell a story of a time you learned something important from someone you worked with.</i>
5	<i>Blessing story:</i> <i>Tell a story of a time it seemed someone was given to you to work with at a certain time because you needed them for you to grow or change.</i>

Benefit/Purpose

Using this tool will help the staff and trainees to provide more individual and more human service.

Required material

Peaceful space where we can meet and share the stories.

Duration

½ to 2 hours. Depends on how many participants are in the group. Not everybody needs to share all his/her stories. But at least one story of each kind should be said.

Amount of people required

Can be used in group sessions and also individually.

Links for further information

- Buber: I and Thou
- <http://mhavillage.squarespace.com/writings/>
- *(something about story telling) - can someone add something?*