

Name: _____ Date: _____

NARRATIVE THERAPY EXERCISE

Write in detail about an event in which you faced rejection or disappointment from your loved ones?(friends or family)

How did you cope up with this problem?

How did you respond?

How will you handle rejection or disappointment now by using your skills?

Answer the questions according to each exercise.
Provide as much detail as possible in each answer.

What is your biggest strength and how did you respond?

Write in detail about a traumatic event that you faced recently?

How your biggest strength could be used in dealing with this traumatic event?
