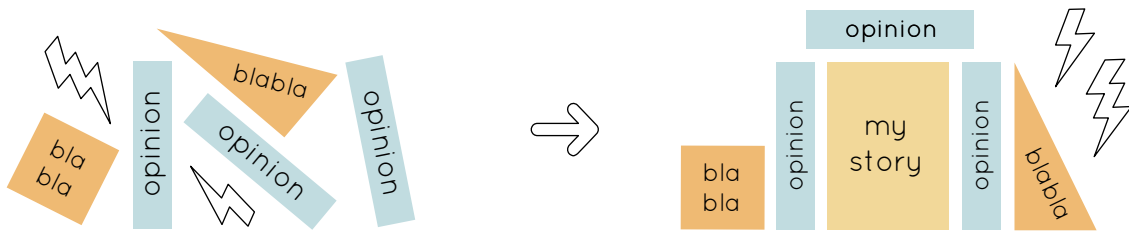


Narrative therapy: aims to separate the individual from the issue, and externalize problems instead of internalizing them.



Four Principles of Narrative therapy:

1. Reality is socially constructed.
2. Reality is influenced by and communicated through language.
3. Having a narrative can help us organize and maintain our reality.
4. There is no 'objective reality' or absolute truth.

Five Narrative Therapy Techniques:

Telling One's Story. A technique that involves re-telling your own story to find new meaning in old experiences.



Externalization Technique. Externalizing helps you separate you from your problems, making it easier to change something you don't like about yourself.

Deconstruction Technique. This technique involves breaking problems down into smaller, more specific issues that are easier to understand and address.



Unique Outcomes Technique. To help you see from a new, more positive perspective, broaden your view to see more of your own storylines, and focus on one that doesn't include your most pervasive problems.

Existentialism. The belief that the world holds no inherent meaning, and that we all must make our own meaning in life.

