

Telling a Good Story

Sharing personal stories can be a great way to build connections with people you meet. However, start small. Begin with a semi-personal story and see how they react (Wendler, 2020).

Daniel Wendler (2020) suggests making the story enjoyable by sharing what was going on in your head at the time, rather than simply the facts. It will help the listener experience the story and build a connection with you.

Once finished, rather than continue by telling another story, share the spotlight so that everyone gets a turn.

This worksheet can help you think about the stories you would consider sharing in a social situation and identify the points you would cover.

Consider the following ideas for a story, then capture bullet points for the opening, middle, and ending. Remember to share what is going on in your head (modified from Wendler, 2020):

The first day of a new job

Opening:

Middle:

Closing:

A memory from childhood

Opening:

Middle:

Closing:

A silly or funny mistake

Opening:

Middle:

Closing:

Finding a new interest or hobby by accident

Opening:

Middle:

Closing:

A time when you achieved something you were really proud of

Opening:

Middle:

Closing:

The notes are not to create a script of what you might say in a social situation but rather to consider the flow and ensure the story is interesting and makes sense.

References

- Wendler, D. (2020). *Improve your social skills*. Portland, Or.: Daniel Wendler.

Dr. Jeremy Sutton