

Sharing our story

Who am I? Who is the real me?

Song: 'The Real Me'. (Natalie Grant)

Johari Window	Known to Self	Not Known to Self
Known to Others	OPEN	BLIND
Not Known to Others	HIDDEN	MYSTERY

The "**open**" quadrant represents things that both I know about myself, and that you know about me. The knowledge that the window represents, can include not only factual information, but my feelings, motives, behaviors, wants, needs and desires... indeed, any information describing who I am.

When I first meet a new person, the size of the opening of this first quadrant is not very large, since there has been little time to exchange information. As the process of getting to know one another continues, the window line moves from the blind or hidden, placing more information into the open window.

The "**blind**" quadrant represents things that you know about me, but that I am unaware of. This often happens with mannerisms that I may not be aware of but you are. If someone points out things to me then this issue will move to the open area.

The "**hidden**" quadrant represents things that I know about myself, that you do not know. Generally as we get to know and trust each other, I feel more comfortable disclosing more intimate details about myself. This process is called: "Self-disclosure." Some information will remain hidden even from the closest friend.

The "**unknown**" quadrant represents things that neither I know about myself, nor you know about me.]Being placed in new situations often reveal new information not previously known to self or others.

In order for people to know us better (open part of the window) we have to tell people our story. If we lose our story, we lose ourselves. If we can't 'tell' who I am, where I am from, we lose our direction. This is composed of many sub stories. As we know, telling a story is an art. We know some people are 'great story tellers'. What is involved in telling a good story, especially a story about myself?

The important aspect of a story is **the message**, not the facts. Western thought with its emphasis on facts, details, explanations, 'being right' etc, can lose the value of a story. Often couples interrupt and debate facts:

"last January we went on holidays..."

"No it wasn't January, it was early February"

"ok. Last February we went up to the beach..."

"it was a lake..."

Do these corrections change the significance of the story – it's message ?

A story has to be adapted to the audience (images, details, language, etc so that the person(s) listening can understand. A chilly bin in New Zealand is an esky in Australia, so when telling an Australian a story involving a chilly bin, it might help to refer to it as an esky.

The **focus** of a story should be **the person who is listening**. This will keep them interested. It is important not to bore them (e.g. with unnecessary facts). Some people need a picture painted in their mind because they are visual. If you are describing a location it helps to make sure they have an idea where it is or this may distract or 'lose' them. Sometimes if you mention a place and the listener has been there, they might interrupt and say "I have been there.." This can take the focus away from you and your story, but it helps the person identify with the place and event you are sharing about

It is important that the **point** of your story needs to be **clear**.
Why am I telling this? What is the purpose? Am I trying to **inform** the listener?
amuse? to **'unload'**? to **motivate**? to provide a **testimony** (it happened to me) to provide a **witness** (I did it so you can)

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

How would you categorise these into two groups?

The most common ways are **usefulness** or **association**

- a) knife and hammer; apple, orange, walnut
- b) walnut and hammer; apple orange and knife

Good story tellers use association. They focus on the essence rather than the details. They paint pictures so that people are drawn into the story. Women tend to use association. The details they add are 'picture painting'

A Picture makes it there
A Story makes it clear
A Song makes me feel
A Testimony makes it real.

A Chat lets me name it
A Report lets me frame it
A Decision lets me claim it

A Touch makes it hear at hand
A Dance lets me join the band

To tell our stories, we are better to get out of a 'details and facts' mindset into an 'association' mindset. Think of a good story you have heard, or a good story teller, and reflect on 'what works'.

Often this happens naturally, if we tell with the heart and not the head.

If we encourage people to tell stories, we also need to encourage others to listen!
We need to invite people to tell a story, their story..... and 'shut up'!
One way of doing this is to avoid saying 'yes that happened to me'.

It's a good idea for a PFG to hold a '**story night**' to help bonds develop and deepen.
One option would be to use the Corban and Blair 'What's your story cards?'
http://www.youtube.com/watch?v=7v0-_rGQwAM

The Vault

82 Cashel Mall, Christchurch: (03) 379 5399

The Vault

50 Willis St, Wellington (04) 471 1404

Whitcoulls Bookstore

Queen St, Auckland (09) 984 5488

An idea would be to have a large sheet of newsprint on the wall or a large sheet of paper and ask the group to suggest a **single word** that describes a topic, any topic that people often talk about. List about 20 topics.

1. Ask them to find a partner such as whoever is near them which is likely to be a spouse or good friend. For 3-4 minutes (1-2 minutes each) share a story about one of those topics. Start with a low key 'non heavy' topic.
2. Call a halt and ask them to choose another topic with another partner.
3. Next nominate one of the topics yourself (or another topic) and ask them to find another partner and share a story.
4. Ask someone to share with the whole group a story they have told or heard so far.
5. Ask someone to tell the whole group a story of their marriage proposal or how they met
6. Invite someone you think would be good to share any story
7. Next ask them to find another partner or 3's and nominate a topic that invites them to share something personal. It happened "to you" and it was an important occasion.