# Read Your Own Story



A Narrative Counselling worksheet
Based on Narrative Therapy (White & Epston, 1990)

You already have a story about your career - usually the answer to ‘that’ question at a party... “So what do you do?”. But the story you tell might **not** be the full story. This worksheet helps you look at the chapters you skip over- the ones that might hold more *direction* than you think.

## I. The story you usually tell

Write down the short version of your career story as you'd normally tell it to someone. The elevator pitch. Don't think too hard, just let it flow.

## II. The chapters you leave out

Now, think about what you usually skip. The job that didn't work out. The project you started but didn't finish. The detour. The part that doesn't fit the neat version. Write down 2-3 things you usually leave out of the story.

## III. The reread

1. What do these 'skipped chapters' tell you about what you were actually looking for at the time?

2. Is there a skill, value, or pattern hiding in the parts you usually leave out?

3. If someone who cared about you read your full story (not just the highlights), what would they say you keep coming back to?

## IV. The next chapter

If your career was a book and you were writing the next chapter right now, what would the chapter title be?