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Storying

Storying involves imagining and (in fantasy) trying out possibilities. This is an approach to decision-making.

Regarding any situation:

- 1) What are some ways a situation has occurred in your experience?
- 2) What are some ways this situation has occurred in other's experiences? In stories?
- 3) What are some ways this situation might occur in your imagination?
Imagine a worst-case scenario. What could go wrong?
Ways to avoid pitfalls. Ways to recover from pitfalls.
Imagine a best-case scenario. What could go well?

What are some ways you might fear the situation might occur?
What are some ways you might like the situation to occur?

One character might handle a situation unsuccessfully,
and another character might handle it successfully.
A character might first handle a situation unsuccessfully,
and then handle it successfully.

Every challenge is an opportunity for growth.

Let your mind wander. Let your imagination play. Give free rein to your imagination.

Metaphors can help one to "get a grasp on" a situation.

Role-play to explore the situation, one's options and choices.