

Appendix C: Narrative analysis

Date:...../...../.....

1. What am I telling myself? In the story... I believe... I know... It is a fact... Everyone knows..., etc.

2. What's happening? The facts in the story. Bring your theories and paranoia out into the open.
No content and no argument allowed. Do not fight, do not defend, do not deny, do not rationalise the chatter.

3. Who is doing what? The drama. The action. The contention. The grievance. The injustice. The conflict.
No content and no argument allowed. Do not fight, do not defend, do not deny, do not rationalise the chatter.

4. What is the voice? Happening words in Appendix B will help. What do you sound like in the story?

5. Who am I? Feeling words in Appendix A will help. I am..., I feel..., etc.
