

THE 'NARRATIVE' PART OF THE EQUATION

In its most basic sense, a narrative is simply a story, and narrative therapy focuses on the stories of a person's life. A narrative therapist defines a story as containing an event or series of events that are linked in a sequence across a certain amount of time. Those events also follow some type of plot.

People by their very nature seek to make sense or meaning out of the world around them and events that occur in that world. The way a person interprets the events in his or her life, linking them together, is what forms the plot of the story. Because people have a tendency to want to create meaning out of events, they automatically link events together over time to create that meaning. That meaning is what forms the plot of the narrative.

Many stories are being created all the time, at the same time, in a person's life. People develop each storyline based on how they link the events together and come up with a meaning behind the story.

