



PositivaMente®

PSICOLOGÍA POSITIVA

Embodying your Best Story: Positive Psychology and Narrative Practices

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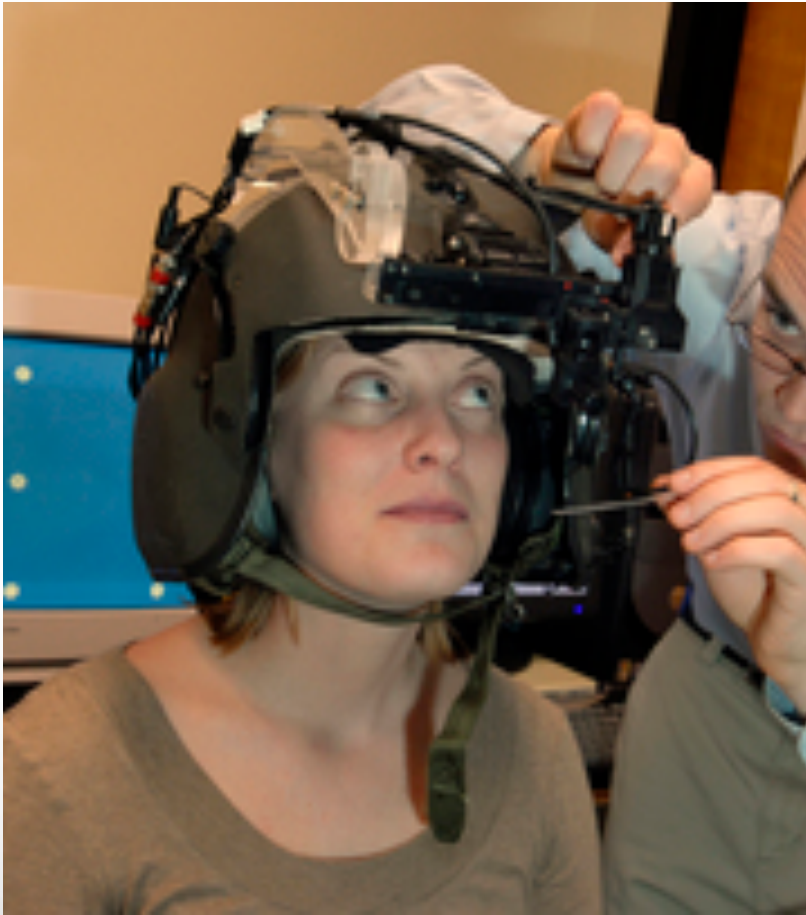










Introductions



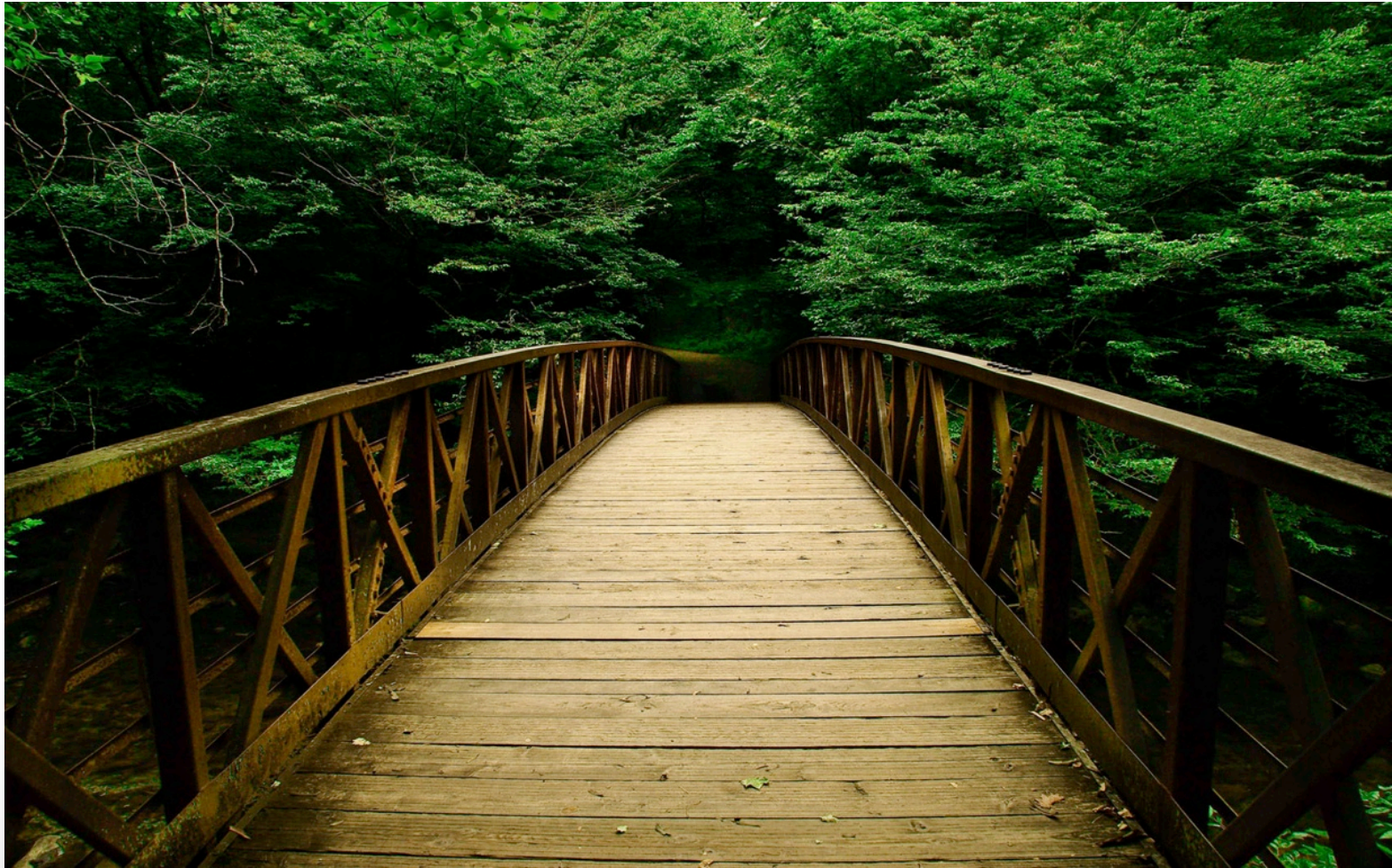






WISDOM	CREATIVITY • Originality • Adaptive • Ingenuity	CURIOSITY • Interest • Novelty-Seeking • Exploration • Openness	JUDGMENT • Critical Thinking • Thinking Things Through • Open-mindedness	LOVE OF LEARNING • Mastering New Skills & Topics • Systematically Adding to Knowledge	PERSPECTIVE • Wisdom • Providing Wise Counsel • Taking the Big Picture View
COURAGE	BRAVERY • Valor • Not Shrinking from Fear • Speaking Up for What's Right	PERSEVERANCE • Persistence • Industry • Finishing What One Starts	HONESTY • Authenticity • Integrity	ZEST • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive	
HUMANITY	LOVE • Both Loving and Being Loved • Valuing Close Relations with Others	KINDNESS • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness"			SOCIAL INTELLIGENCE • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick
JUSTICE	TEAMWORK • Citizenship • Social Responsibility • Loyalty			FAIRNESS • Just • Not Letting Feelings Bias Decisions About Others	LEADERSHIP • Organizing Group Activities • Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance	HUMILITY • Modesty • Letting One's Accomplishments Speak for Themselves	PRUDENCE • Careful • Cautious • Not Taking Undue Risks	SELF-REGULATION • Self-Control • Disciplined • Managing Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE • Awe • Wonder • Elevation	GRATITUDE • Thankful for the Good • Expressing Thanks • Feeling Blessed	HOPE • Optimism • Future-Mindedness • Future Orientation	HUMOR • Playfulness • Bringing Smiles to Others • Lighthearted	SPIRITUALITY • Religion • Faith • Purpose • Meaning





ONGOING EXPERIMENTS in PSYCHOLOGY US

PHONE NO. HOME	CODE	EXP'R'S NAME	EDITING ROOM NO.	EXP'R'S PHONE NO.		CODE
				OFFICE	HOME	
	SKS	Shawn Bradman	251	262-5722		SER
	JCC	Paula Brazier	251	265-3167		
	LKA	Speech Lab	469	265-6329		TIP PEP
	AUB	Speech Lab	469	265-6329		
	GDB	ARON HALLER	391	444-2626		
	IGT	Sarah Gilmore	186			
	KVK	Katy Kortenkamp	251	262-5722		
	SDS	Sarah Slinn	251	262-5722		

87 or miraliscard@wik





**Positive
Psychology**

**Narrative
Practices**



- “Narrative Turn” in Social Sciences
- Text analogy
- A narrative view of identity
- Narrative Practices
 - Dominant stories
 - Alternative Stories
- Storying our wellbeing experiences
- Experiential exercise(s)



Homo Sapiens



Homo Narrativus

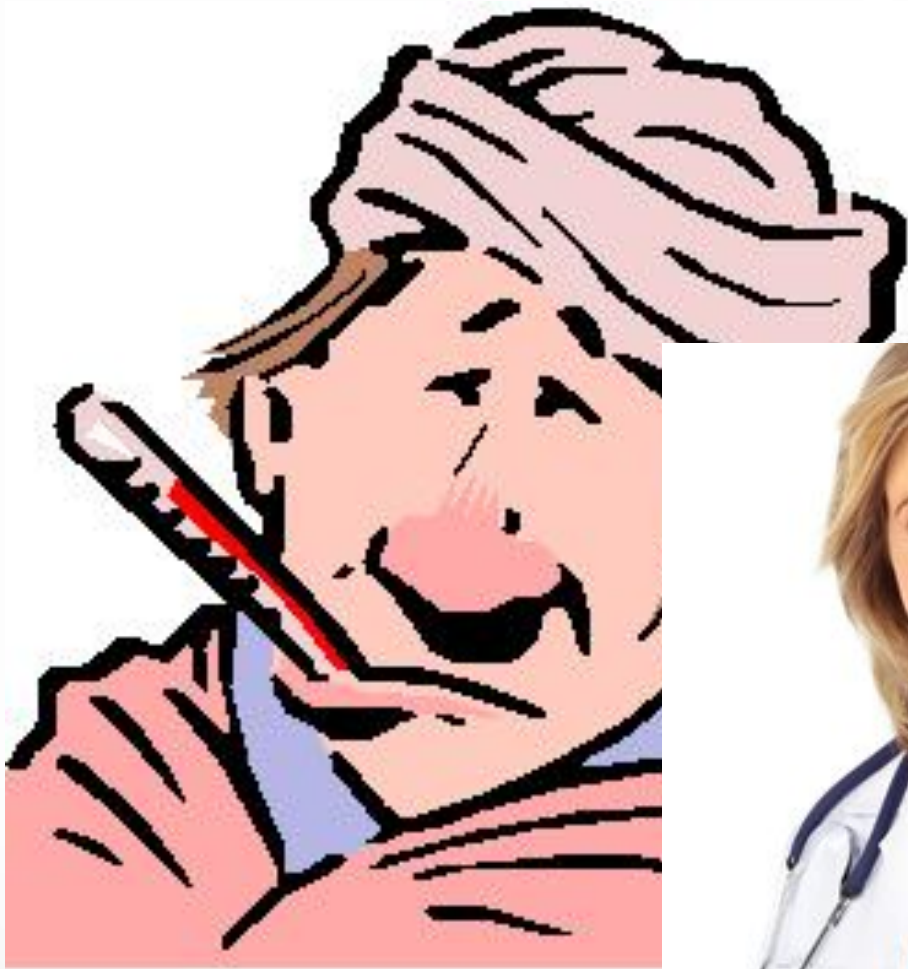


“Narrative Turn”

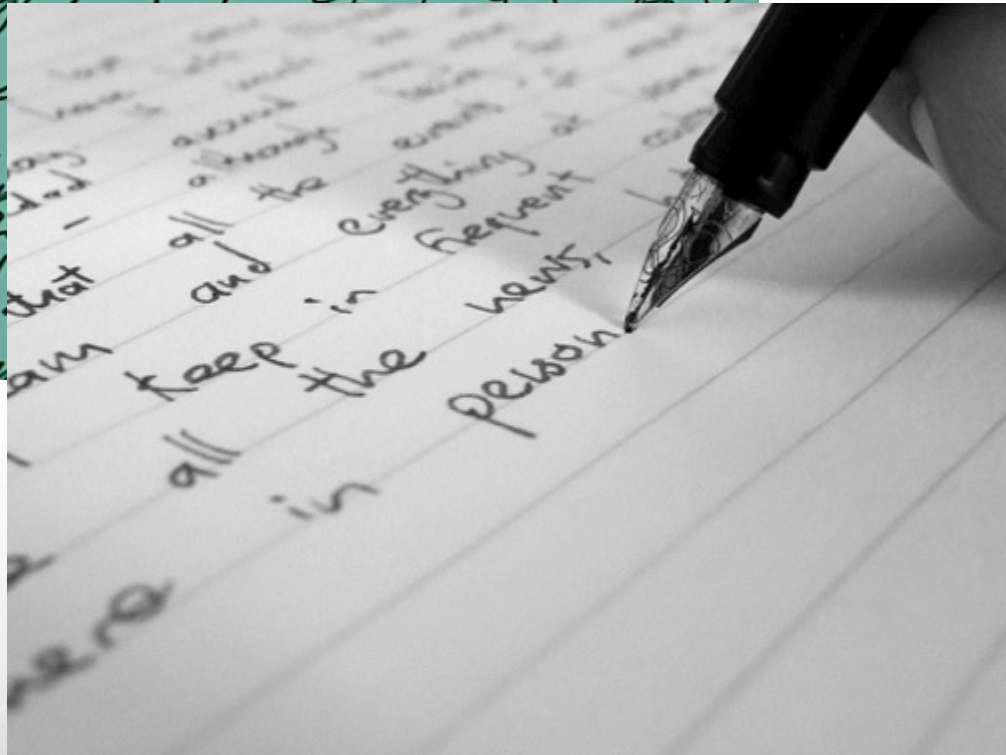








...if you have found your way
that madness has erupted and your
your sadness is beyond the cast of
you have sold your soul
ining all your thoughts
righted perspective
you, hear my call
are perspective
it's scientific
sight to claim
spare hand

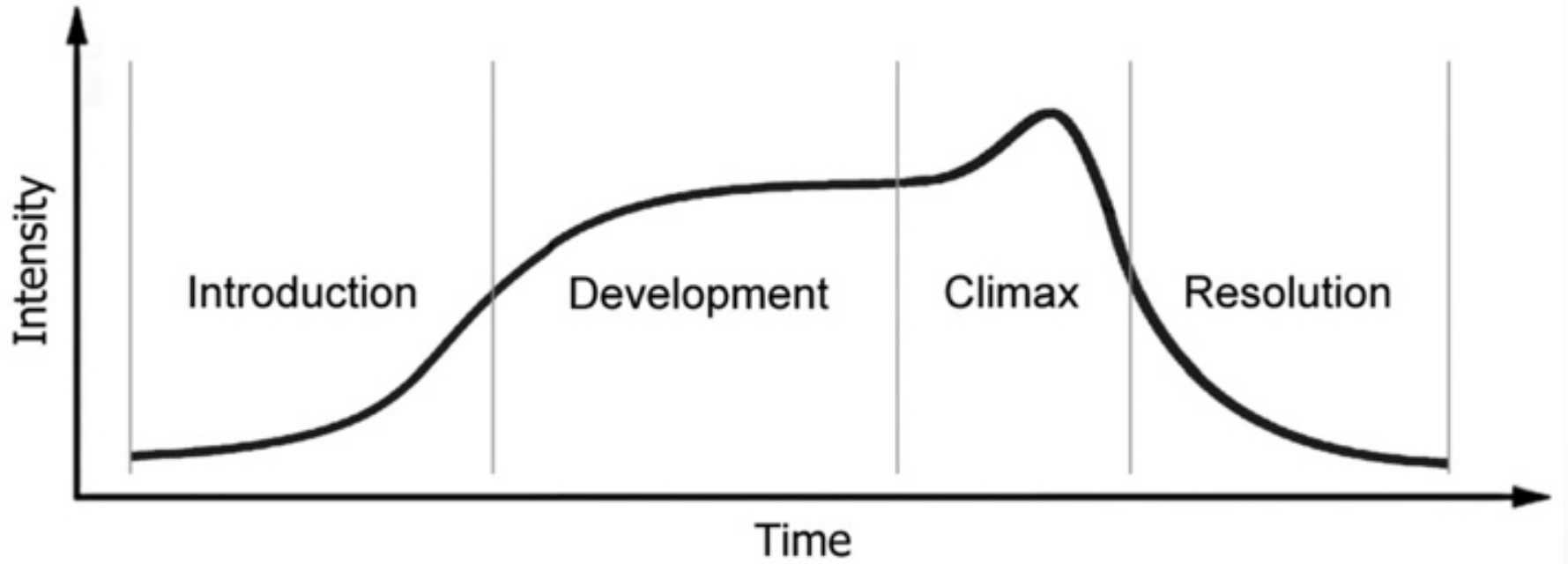


Stories









PLANNING FOR HARRY POTTER AND THE ORDER OF THE PHOENIX

ME	TITLES	PLOT	PROPHETCY	Hall of Prophecy	Cho/Gring	D.A.	O.G.P	Snape/Herm + father	Hagrid + Cure
BT	Plots and Resistance	Harry, Ron & Hermione go to Hogwarts, meet Lupin and Tonks - call them. Underage casting - post not. They meet Sirius Black. Hospital from O.G.P.	Vol still formulating his plan to get in + does what he can		Cho in Hogsmeade - wants to join O.G.P	Tonks + Lupin	recruiting	Harry learns about Sirius for O.G.P	Harry still has his wand
OV	The Order of the Phoenix	First meeting of the Order of the Phoenix			Cho + Gring both present	Underage now being punished	First meeting	Harry still recruiting - Sirius joining	"he's back!"
IOV	The Driest Tackle	Quidditch versus Hagrid - Hagrid suspended from job, with Sirius, after Quidditch match - Sirius Hagrid	Nagini attacks Mr. W.		Cho now leading in love	Freddie			"
OV	Black Marks	Row 13 skipping Snape lessons - Harry stays in day number he expects. Sirius - Harry's father. Sirius - Harry's father.	Nagini got in, Vol had confirmation of Draco's story - only he & Harry can touch his prophetic		Cho kiss + emotional about father	Draco's story is the end of father's injury	reactions - choices? meeting? review?	How about Harry not joining?	Harry's story
EC	Rita Returns	Snape leaves Hogsmeade / Xmas shopping, they meet Rita	Rita information - Mandy's duplicitous		Harry now convincing Cho + Cho - Gring + D.O. alive?		O.G.P	Another lesson	Harry's hospital
EC	St Mungo's Hospital for Magical Maladies and Injuries	St Mungo's not too far - see Draco (Machius Whipple) - see Lockhart - see Mr. Weasley Neville	NOW VOL IS ACTUALLY TRYING TO GET HARRY TO JOIN O.G.P - very stupid - could see his plan!		Cho + Dad	around			
EC	(Yawn)		Draco dead - H.P.P. again?		Cho + Gring + Cho + Gring + Cho + Gring	Cho + Gring + Cho + Gring			
BT	Extended Powers of Eivora Underage	Harry meets Sirius + Hagrid - Order of Phoenix now suspended - Harry's father - Sirius + Hagrid	Harry fighting Voldemort with not - Harry's father - Sirius + Hagrid		Cho + Gring + Cho + Gring + Cho + Gring	Cho + Gring + Cho + Gring	O.G.P meeting	Snape learns that can't be done	Harry's hospital - Harry's father - Sirius + Hagrid
EB	(Valentine's day)	with Cho - Hagrid's replacement in row 13 - Rita reports back to Cho etc. (see later)			Cho + Gring + Cho + Gring + Cho + Gring	Cho + Gring + Cho + Gring	O.G.P		
EB	Cowboy Group	Underage now being punished - Harry + Ron - Sirius + Hagrid - Harry's father - Sirius + Hagrid			Cho + Gring + Cho + Gring + Cho + Gring	Cho + Gring + Cho + Gring	O.G.P	Snape's spirit - Harry's father - Sirius + Hagrid	

J.K. ROWLING



CREATE
MEANING

SP



Stories

- Events
- Linked over time
- Beginning
- Developments
- Outcomes
- Plots
- Meaning



Jerome Bruner (1986)

- Narrative Psychology
- Meaning making



Bruner

- Identity : “Trafficking” of our life stories and those of others



Bruner

- We **become** the narratives that we construct to tell our lives (1997)



“The self is an on-going autobiography; or, to be more exact, it is a self-other multifaceted biography that we constantly pen and edit”

- Harlene Anderson





Michael White





David Epston



“The same events can be storied in a variety of ways and these different ways will make a difference in how life is experienced.”

- Jill Freedman and Gene Combs (2010)

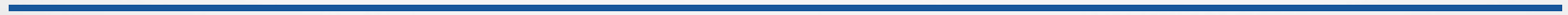


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X X X X X X X

X X X

X X X X X X



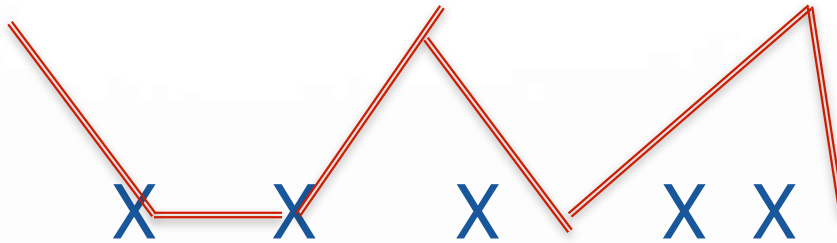
Dominant Story “I am mediocre”

- Not excited about a “great” job
- Studies but does not remember
- Hard to remember details of clients’ lives



Dominant Story

X X X X X X X



X X X

X X X X X



Alternative Story

“A passionate philanthropist”

- Volunteers with community organization
- Leads “naturally”
- Created more efficient “production line”
- Wants to work in difficult situations





Thin Descriptions /Thick Descriptions

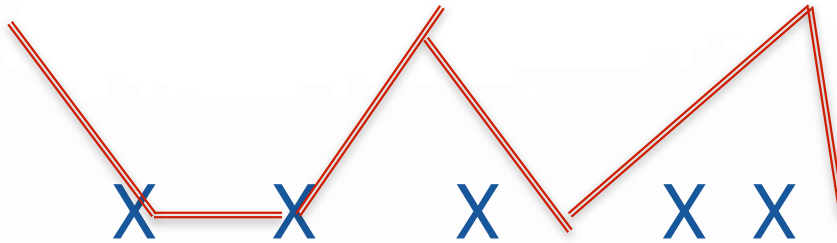






Negativity Biased Story

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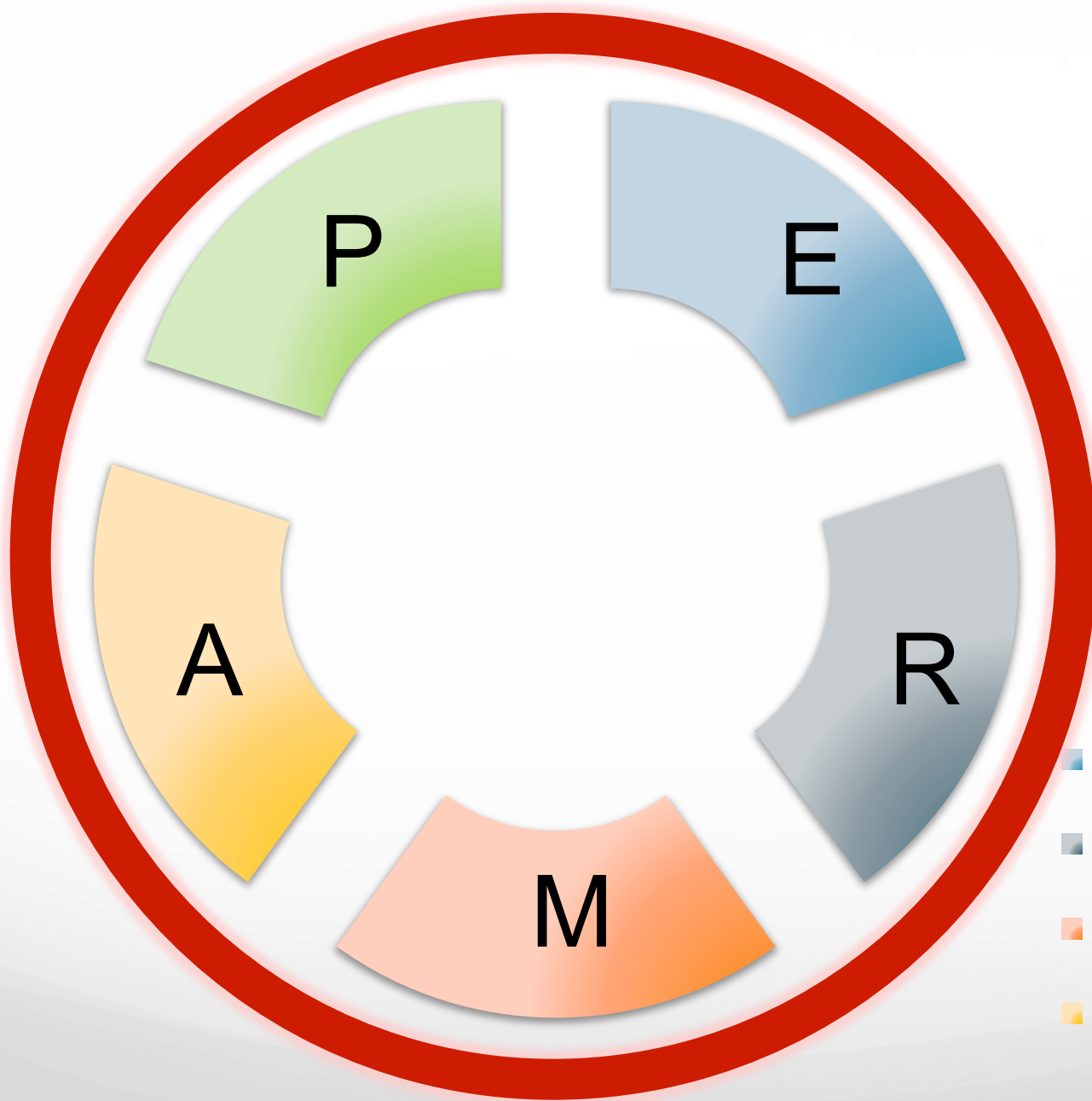
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Positivity Inclusive Story





- E = ENGAGEMENT
- R=RELATIONSHIPS
- M=MEANING
- A=ACHIEVEMENT



S

SPIRITUAL

Leading a life of purpose and mindfully savoring the present.

P

PHYSICAL

Listening to and caring for the body.

I

INTELLECTUAL

Cultivating a life-long love of learning, wisdom, and art.

R

RELATIONAL

Contributing to and benefitting from community.

E

EMOTIONAL

Developing resilience and enjoying positive emotions.



Exercise 1

- A narrative interview about your strengths



ACTION

A row of six 3D white characters, each holding a large, colorful letter. From left to right: a red 'A', an orange 'C', a yellow 'T', a light green 'I', a lime green 'O', and a dark green 'N'. The characters are standing on a white surface with a soft shadow below them.

MEANING

The word 'MEANING' is written in a stylized, yellow, outlined font. The letters are bold and have a slight 3D effect. The 'M' has three horizontal lines at the bottom, the 'A' has three horizontal lines at the bottom, the 'N' has two diagonal lines, the 'i' has a dot, and the 'G' has a vertical line through the center.



- Who
- What
- Where
- When
- With whom



- What was important about this?
- What did it mean to you?
- What does it say about you?
- How does this fit with something you value?
- What implications does it have for the future?





Exercise 3

- A narrative interview about your values and dreams



What if...





- Denborough, D. (2014). *Retelling the stories of our lives: Everyday narrative therapy to draw inspiration and transform experience.*
- Freedman, Jill, and Gene Combs (1996). *Narrative Therapy: The Social Construction of Preferred Realities*
- Tarragona, M. (2012) *Positive Identities: Positive Psychology and Narrative Practices.*
- White, M. (2007). *Maps of narrative practice.*

