

# Narrative Therapy Worksheet

Name

Date

**Problem Identification** - From your perspective, describe the problem.

**Externalizing the Problem** - From a third person perspective, describe the problem (not the issues around it).

**Developing a New Perspective** - Reimagine the problem, construct a story that offers this experience meaning or makes yourself positive and functional.

**Taking Action** - Describe the actions that you would take to improve or solve the problem in the real world.