

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.