



Storytelling Routine

Step #1: Name it to Tame it

Hint: Grab your word banks!

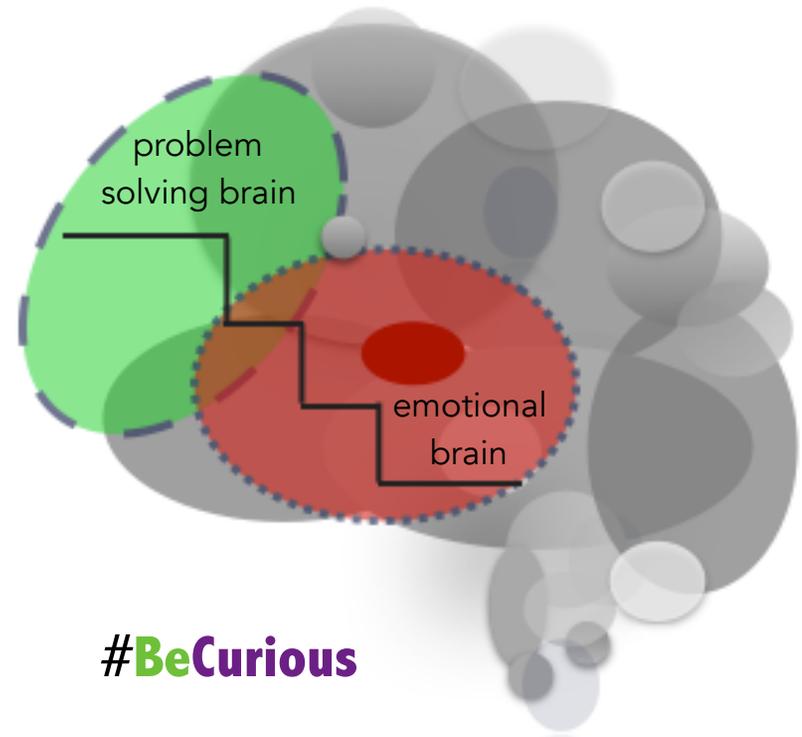

for yourself

"I
Feel _____
About _____
Because I need _____."


for someone
else

"I wonder if you
Feel _____
About _____
Because you need
_____?"

Bust a **FAB**. Build your **BRAIN**.
understanding grows empathy grows peace



Storytelling Routine

Step #2: Retell the Story

Shrink the **STORY**. Plug into **HUMANITY**.
retelling grows perspective grows relationships



Somebody

Somebody had a human story. Who was it?



Wanted

They wanted something to meet a human need. What was it?



But

But, a problem interfered with their plan. What was it?



So

So, they had to problem solve. What proactive or reactive choices were made?



At last

At last, choices have consequences. Did their choices help solve or create problems?



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Common Questions

Why SHARE?	SHARE will make life more peaceful by helping you practice skillful communication to improve relationships with your friends and family! SHARE will help you understand how your human brain works so you can grow into a curious, peaceful problem solver.
What is SHARE?	SHARE is a face-to-face storytelling routine that uses your natural curiosity, stories and visual tools to help you skillfully: S peak your story H ear others' stories A ffect how your brain grows new connections R elate to other people's experiences E mpower you to lead your life as a peaceful problem solver
When can I use SHARE?	You can use SHARE whenever you hear, read, tell or write a story. You can also use SHARE when you need to better understand your own experience or solve a problem.
How do I use SHARE?	Gather your curiosity, a story, the SHARE Storytelling Routine and the Feelings & Needs word banks (www.TheNoFaultZone.com). Sit face-to-face with an adult or friend and follow the SHARE prompts. Over time, your brain will learn how to use SHARE without needing the visuals.
Where can I use SHARE?	You can use SHARE wherever you find a story: at home, school or anywhere in between. Story surrounds us — our brain is wired to use story to make sense out of our life experiences!
What is <i>Name it to Tame it</i> ?	<i>Name it to Tame it</i> is a tool to use when your downstairs emotional brain has a big reaction. The tool helps you calm your nervous system by saying your human feelings and needs aloud.
What does it mean to Shrink the STORY ?	Shrink the STORY means to identify the most important parts of a story by using <i>Somebody - Wanted - But - So - At last</i> . Shrinking the story helps you remember the important parts.
Why do I need to retell a story?	Retelling a story helps your upstairs thinking brain organize and understand important events so you can begin peaceful problem solving.



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Communication Skills for Peaceful Problem Solving

What does it mean to #BeCurious ?	#BeCurious means you can choose a nonjudgmental state of active interest to explore, question and learn from all kinds of stories. Curiosity is the key to peaceful problem solving. #BeCurious reminds you to use your natural kid curiosity as your superpower now and as an adult!
What does it mean to Plug into HUMANITY ?	Plug into HUMANITY means you can choose to connect more peacefully with any person in our human family by recognizing that you and they share the same universal human needs.
What does retelling grows perspective mean?	Retelling grows perspective means that speaking someone else's story helps your brain think about a situation from the point of view of another person's feelings and needs.
What does perspective grows relationships mean?	Perspective grows relationships means that thinking about a situation from the point of view of another person's feelings and needs will help you relate to that person in a more peaceful way.
What does it mean to Bust a FAB ?	Bust a FAB means to say how you Feel About an experience Because of a human need you are trying to meet.
What does it mean to Build your BRAIN ?	Build your BRAIN means you can choose to create new connections between brain cells by purposely practicing a skill until it becomes automatic.
What does understanding grows empathy mean?	Understanding grows empathy means sharing another person's uncomfortable experience and identifying with their needs helps you connect with them in a deeper way.
What does empathy grows peace mean?	Empathy grows peace means deeply connecting with another human being's experience helps you be kind and calm during your communication so a win-win solution can be found without resorting to violence.



SHARE

Speak. Hear. Affect. Relate. Empower.