

Narrative and expressive therapy

Telling a Current Story With More Choice

Adults and teens 13+ | 10 to 15 minutes

Narrative approaches explore meanings and stories in context. Expressive activities can offer another way to communicate, but they are not all the same therapy. This page offers optional reflection on a present concern; you decide what to express, keep private, or leave unfinished.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Separate the person from the problem

Give a current difficulty a plain name if helpful, such as "the pressure to please." Describe how it influences a day without turning it into your entire identity. You can choose different wording if externalizing language does not fit.

Notice a preferred direction

Recall a small moment when the problem had less influence, or imagine what you would prefer now. Use words, a simple drawing, or discussion. No artistic quality, complete life story, or disclosure of traumatic events is required.

1. What name or description fits the current problem without defining your whole identity?**2. How does it influence one part of your day or relationships?****3. When has another value, strength, or response also been present?****4. What preferred next chapter could one small action begin, and what will remain private?****Clinical use and adaptation**

Offer language and expression as choices, not demands. Do not infer hidden trauma from artwork or treat creative expression as a diagnostic test. Formal expressive arts therapies require relevant competence; avoid inviting uncontained trauma narratives.