



STORY CARDS

These story cards are a great way of getting to know the members in your group a little better. You will be surprised at what information you can gain in just a few minutes. One of the most valuable things we can do for each other is to listen to each other's stories.

They can be laminated before cutting, which gives them a longer life span.

At your next get together give each member a card and tell them they are to speak for 1 minute on **one** of the subjects written on the card. It is also a time for listening, so no-one is to interrupt while the person is speaking. It's amazing how everyone listens when someone is telling a true story about themselves.

They are a wonderful tool for a leader so I hope they will be helpful.

About Storytelling ...

"Memories are stories we tell ourselves about the past and fears are stories we tell ourselves about the future. Together they influence how we interpret the present."

Harriet Mason

"But in order to make you understand, to give you my life, I must tell you a story – and there are so many, and so many, stories of childhood, stories of school, love, marriage, and death, and so on."

Virginia Woolf.

"One of the most valuable things we can do to heal one another is to listen to each other's stories."

Rebecca Falls

"Stories are love gifts."

Lewis Carroll

"The universe is made of stories, not of atoms."

Muriel Ruckeyser

"God created man because he loves stories."

Elie Wiesel

"We really don't learn anything from our experience. We only learn from reflecting on our experience."

Robert Sinclair