

3. My success story

Introduction

It is important to extend the ability of the participants to tell stories about themselves and their decisions under the aspect of *success* not failure. Most people are experienced specialists in failures but amateurs in success.

to change this, it is necessary to give them a success language and avoid in the same moment boasting and lying. Participants should

- extend their positive vocabulary (in addition or in replacement to the usually existing negative vocabulary)
- develop their own self-image in different ways of looking at oneself positive without falling into megalomania or denial
- create realistic standards for yourself, above all, identify realistic comparisons (at the same level, not stars).

My Present for you: Positive words

- The group is sitting in a circle, everyone has a stack of paper in front of him/her. The task of the participants is to write a ****positive**** attribute for each participant on a piece of paper.
- These pieces are distributed to the participants, so that everyone receives as many papers as there are participants.
- now everyone reads their papers and tells the group a story that contains as many of the character-attributes as possible.
- This game needs a trusting group situation. The game management has to make sure that no discriminatory statements are made; neither is sexual harassment allowed.

Who am I?

- Each participant devises an animal that suits him and writes the name of the animal on a piece of paper but does not show it to the others.
- Then the group gets together in a circle. In turn, the group tries to find out which animal each individual player has decided.

After that. Questions are answered:

- Did the group guess the right animal?
- Why did the player choose exactly this animal?

Story of three sentences

Each player receives a piece of paper, pencil and eraser for the game. The task of the players is to tell a short story in three sentences.

Like this:

- > My girlfriend looks at me wrong. I smile. She smiles back. or
- > My dog is barking. Another dog passed by. I calm the dog.
- > Once upon a time there was a man who wanted to forget everything. "Why do you want that?" His friend asks. "Because tomorrow is all over anyway," the man replies.
- > Once upon a time there was a woman who told her story differently every day. "Why do not you tell us what it really was?" Her friends ask. "Because my story is different every day," the woman replied.

Afterwards everyone should, if wanted, present his short story to the group.

Who is the best liar

Participants sit in a round. One is selected by spinning bottles and has to tell a short story with a good turning point about himself. Group has to find out, if the story is a lie or true.

Two Story Ways

- Participants imagine two variants, in which they tell an important event in their history.
- The Content should be simple (everyone should be surprised)
- They tell the story first as a ****loser story**** (self as a victim, loser, someone who was wronged)
- They tell the same story then as a Winner story (yourself as a beneficiary, as a winner, survivor)

a miracle happened ...

Participants imagine a story. The beginning of the story is required (miracle-question from solution-focused therapy):

> I slept very well tonight and dreamed that some of my problems had resolved themselves. I looked around today and noticed that's true because ...

Drive into the unknown

The group is sitting in a circle.

1. The group has four participants who want to travel together in a balloon.
2. These travellers sit close together in the middle of an circle (meaning the Basket) formed by ropes or other objects.
3. Then the game management reports on the journey and the balloonists mimic what the game master tells them:
 1. The journey begins - the travellers look contentedly into the landscape.
 2. Then comes danger - the travellers are scared and cling to each other.
 3. The resources (water, money) are exhausted, one has to go home and stop the journey prematurely.
 4. Who has the best arguments to continue to travel?

Reframing: I give you your past

Two groups and game management

1. Participants tell an event from their lives where they say they have failed
2. The partners transform the story into a success story and give the story to the partner.
3. Then roles change.

transfer

The Participants write from the material obtained its own realistic success story. They describe why they have been so successful and what has been their success.