

# ANPD 2024 Virtual Symposium

## Narrative Exploration for Conflict Resolution

Provided by ANPD

Facilitated by

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### Power in Stories

*“What we believe, to whom we belong, how we behave, and who we are becoming is profoundly shaped by our stories and the larger narratives in which we live. We use stories to remember and organize our past, communicate and negotiate our present, and envision and act into our future.”*

~ David Drake, PhD

### Reflection Part One: Identity Formation

Take a few moments to explore what events, characters, themes and voices hold the most significance for you.

<b>Significant Events</b>	
<b>Significant Characters</b>	

<p><b>Significant Themes</b></p>	
<p><b>Significant Voices</b></p>	

**Reflection Part Two: Reflect for New Understanding**

Consider a recent conflict or tension that you experienced. Use the framework below to reflect on your experience and the narrative around the conflict.

<p><b>Step 1: Experience</b> <i>What did you observe? Describe it as a reporter, with curiosity and minimal judgment.</i></p>	
<p><b>Step 2: Story</b> <i>What were you telling yourself at this time?</i></p>	

<p><b>Step 3: Identify</b> <i>What does this say about how you see yourself?</i></p>	
<p><b>Step 4: Behavior</b> <i>What choices did you make as a result? What did you do or <u>not</u> do?</i></p>	
<p><b>Step 5: Outcome</b> <i>What happened in the end?</i></p>	

**Additional Questions:**

1. What did you find challenging about this exploration? Did you notice resistance in any parts of your narrative?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
2. Why do you think that was challenging?

### Reflection Part Three: Rewind for a Different Experience

Move backwards through your conflict, beginning with the outcome you would have wanted or would hope for in a future scenario. Rewind to explore what might need to change for the experience to end differently.

<p><b>Step 1: Outcome</b> <i>How would you have liked for this to go?</i></p>	
<p><b>Step 2: Behavior</b> <i>What could you have done differently as a result?</i></p>	
<p><b>Step 3: Identify</b> <i>What would need to shift in how you see yourself or how you place yourself in these relationships?</i></p>	
<p><b>Step 4: Story</b> <i>What story could you tell yourself next time this happens?</i></p>	
<p><b>Step 5: Experience</b> <i>What might you observe if "this" were the case?</i></p>	

### **Additional Questions:**

1. What are you still holding onto?

### **Questions to Keep Unpacking**

It is really common to find yourself struggling in a particular area of this framework, or even feeling stuck overall. If you are feeling limited in this process, below are a few additional reflection questions that might help you to unpack the challenge.

1. What is gained by seeing it this way? What is lost by seeing it this way?
  
2. What other perspectives are available to me for consideration?
  
3. What is keeping me from considering other perspectives? What am I holding onto?