

## Telling a Whole-Brain Story (a “4+ Story”)

We learn how to get back to joy (get our relational brain back online) from any of the big six negative emotions by hearing whole-brain stories from someone who knows how to get back to joy from this emotion. A “4+ Story” engages all 4 levels of our relational right brain, ‘+’ the logical, verbal left brain.

NOTE: THRIVEdtoday is a ministry that provides training in the 19 brain-based relational skills we need to thrive. The 4+ Story story-telling process was developed by THRIVEdtoday and is used here with permission. You are encouraged to visit [www.thrivetoday.org](http://www.thrivetoday.org) to find online and live training opportunities to acquire and strengthen relational skills that will help you thrive.

Preparation Checklist:

- This story has a moderate feeling level and is not too intense
- I do not need to be guarded telling this story
- This story illustrates a specific feeling (for this exercise, use a moderate level *fear* or *disgust*)
- My story should be ~2 minutes in length

Recall a time you felt a *moderate* level of fear, or disgust. Briefly describe the situation (not too much context):

What emotions did I feel?

What did this feel like in my *body* (bodily sensations: muscles, breathing, posture, facial expressions, etc.)

How did I get back to joy (sensing that others were glad to be with me)? Or back to acting like myself?

Audience review checklist:

- The story was concise.
- The story was autobiographical (told in first person)
- Maintained eye contact
- Showed authentic emotion on face, in voice and in posture
- Used feeling words
- Described bodily sensations