

# Tool: Story Sharing

## Overview

**Story Sharing** shifts participants from a place of seeing to sensing, where perception begins to happen from the whole field. Story Sharing invites participants to connect to a moment when their sense of Self shifted and clarified, when they became more of who they are, and then to share this story if they feel comfortable doing so. Story Sharing requires a container in which people see and connect on a deeper level, by listening with an open mind, open heart, and unconditional attention.

## Application

Story Sharing can be used at the bottom of the U, during the phase of presencing, to form connections within a group and strengthen the quality of the container.

## Principles

- **Charge the container.** Intentionally design the physical space to support relational connections.
- **Take a deep dive.** Immerse yourself in the particulars of the field, becoming one with others.
- **Redirect attention** from the individual story to the formative field—the source—of the story.
- **Open the heart.** Access and activate the deeper levels of your emotional perception.

## Resources

- Scharmer, Otto. 2007. *Theory U*, Second Edition, Chapter 10. Oakland, CA: Berrett-Koehler.

## Process

### Set Up

- **People:** Organize groups of ~3 people.
- **Place:** Ensure a quiet and dedicated environment, either physical or virtual.
- **Time:** 20–45 minutes, depending on the number of people.
- **Materials:** No materials needed.

### Steps

#### Step 1: Assign Roles

- Select a timekeeper or choose an automatic method of managing the time.

#### Step 2: Sharing (5–10 mins. per round)

One person shares, without interruptions. Then the role rotate.

- **Sharer:** When sharing, think of an event or time when your sense of who you were shifted, opened, deepened, and clarified. Think about people that you have forgotten or whom you no longer see. Create a space for loving attention. Think of an event—a disruption, an opening, or a letting go—when your understanding of yourself became clearer.
- **Listeners:** Listen with unconditional loving attention. You may discover in someone's telling of their story that it evokes a different story in you. When you share, if you have not already done so, go to that story, the one at the edge.

**Step 3: Reflection** (~2 mins.)

Reflect together, after a moment of silence:

- What touched you?
- What did you notice in your own story or that of others?
- What shifted in your relationship to your Self and others as a result of this sharing?