



Witness Narrator

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START CREATIVE ARTS THERAPY

START: Creative Arts Therapy Services invites you to be a Witness Narrator to your own story. Use the checklist below to compile facts about a selected event from your own life.

Remember: both you and other people's emotions and thoughts of the scene you are witnessing are not a part of this process. Witness Narrators are not authors. They describe what they see and do not try to explain *why* something happened. They observe and document without opinion.

WITNESS NOTES

What time of the day is it?	
What is the temperature?	
Where are you?	
What are you wearing?	
Who is here?	
Describe the space you're in.	
Why are people gathered in this space?	
How are they engaging you or others?	
What do you hear?	
Describe any conflicts you notice.	
Describe any expressions of affection you notice.	
How are people responding?	
Describe <i>your</i> behavior and your contribution to the environment or discussions.	

REFLECTION

What emotions are present for you as you read your notes?	
Where in the event did you feel a desire to change what was happening?	
How could the story have gone differently? What was in your control?	
What have you learned?	