

STORYTELLING TROUBLE

How the trouble starts, and what you can do about it

TROUBLE: *Story feels “dead” and you feel dead while telling it*

SOLUTION: Don't tell stories you don't feel connected to or passionate about. Don't tell stories because you feel like you “should”.

TROUBLE: *Nervousness*

SOLUTION: Go into the story to find comfort. What is the source of your attraction to the story?...find that joy, sorrow, excitement, or fear and ride that energy to the end of the story.

TROUBLE: *Forgetting the story*

SOLUTION: Don't memorize a story. Know you can, and will, tell it a little differently each time. Your sense of the story “this time” is what gives it its life. Don't write it down—you don't want the pressure to follow the notes.

TROUBLE: *Story is too long*

SOLUTION: Tell a small slice of the story—the part that really matters. Don't lose the listener in a long build-up or a drawn-out ending.

TROUBLE: *Dribble endings*

SOLUTION: Think about how you will end the story before you begin telling it. Most importantly, don't force yourself to keep talking, or go back to the middle of the story, because you are worried whether people “got the point.”

TROUBLE: *Feel exposed or alone when you are telling your story*

SOLUTION: Keep a talisman or meaningful object in your possession while you are telling your story. Get your body in a comfortable position.

TROUBLE: *You feel like you are performing*

SOLUTION: You have a particular, innate, and familiar storytelling style which you are meant to use. Stick to it. Don't feel compelled to provide a theatrical performance. Let the story provide the drama.