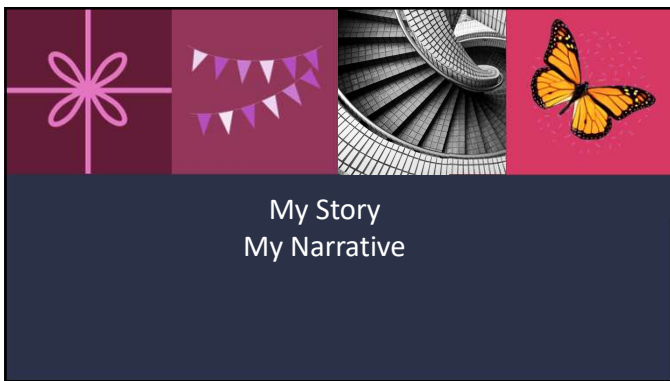


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Narratives

“Culturally canonical linguistic forms that provide a structure for the fluidity of lived experience and the creation of a coherent and continuous identity (Conway et al., 2016; McAdams, 2001; Ricoeur, 1991). Narratives move beyond simple chronological accounts to include thoughts, emotions, motivations, intentions, and evaluations, essentially describing a human drama of self and others (Bruner, 1990).” (Fivush & Merrill, 2016)



10

Do you know...

- how your parents and/or grandparents met?
- where your parents and/or grandparents grew up?
- which person in your family you look or act most like?
- some of the illnesses and injuries that your parents experienced when they were younger?
- some of the lessons your parents learned from good or bad experiences?
- about a relative whose face “froze” in a grumpy position because they didn’t smile enough?



11






Robyn Fivush

Marshall Duke



12



Emotional health/happiness
 Greater sense of self control
 Higher self-esteem
 Greater resilience
 Better able to handle stress
 More compassionate
 Strong identity
 Higher academic competence
 Higher social competence
 Lower anxiety
 Fewer behavior problems

13



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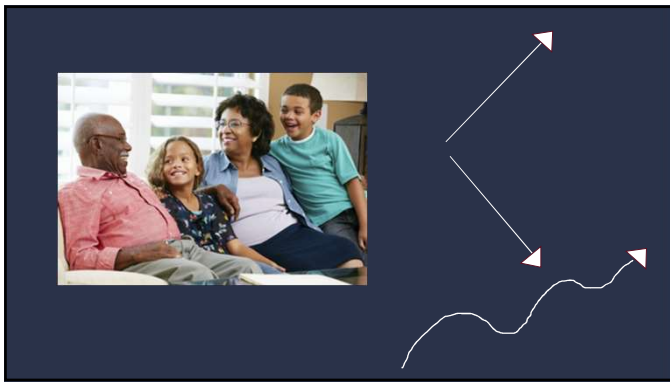


Better family functioning
 Greater family cohesiveness

15



16



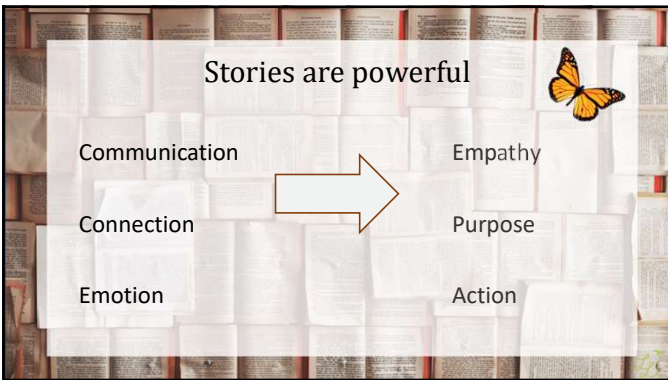
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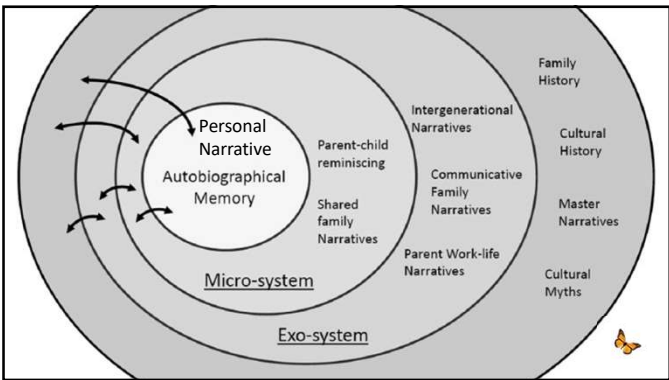
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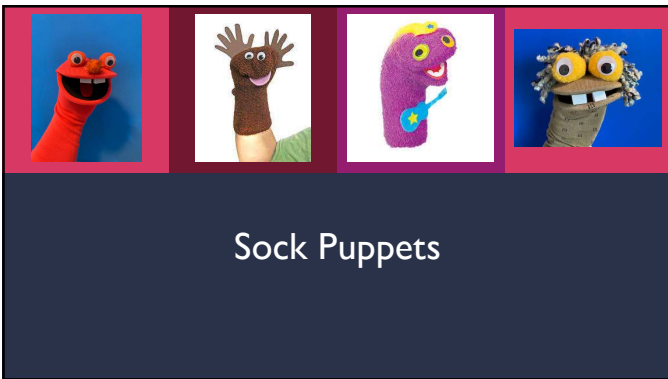
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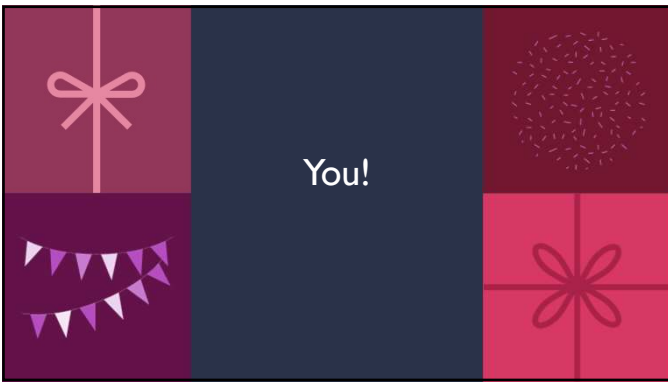
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36

- Birthdays
- Religious milestones (baptism, confirmation, bar mitzvah, completion of first reading of the Quran)
- First job
- Admission to school
- Awards
- Moving out



37



Be intentional!

38
