



In this video, we explore five types of story.

The 'reinvestment story', The 'rehearsal story', The 'I know someone who' story, the 'Anniversary story', and the 'transition story'.

As I mentioned in the previous video, the stories we tell come to us from our unconscious mind and can be anyone of the types of narrative across the levels of stories.

The reinvestment story

We begin with the Reinvestment story. This type of story is frequently told after the person has sealed off the pain and is investing their time, energy, and money into new activities that replace the old.

The reinvestment story is the seal off stage in the Departure Lounge videos.

You'll hear reinvestment stories from all walks of life. A work colleague might talk about looking for another job or career.

If a marriage is under stress, the person may tell you that I'm going to spend more time with my friends or play more golf to lower their handicap.

Both parties in the marriage may be telling similar stories.

Whatever the activity, the reinvestment story will be about replacing a long-term commitment with a new relationship, business or club. The person will tell you a story that will have a theme of reinvesting their time somewhere else.



Remember, our unconscious mind will move us away from things that cause us pain.

You will hear reinvestment stories when the speaker is starting to move their time, energy, and money into a new activity, replacing the old.

Reinvestment stories tell of shifting commitments and loyalties. They talk about investing in new activities which have or are replacing long-term committed behaviours.

The trouble is, rarely does the pain of the old commitment get resolved, and the person takes it with them to the next job, group of friends, church or activity.

Reinvestment stories often sound like this

1. I'm thinking of looking for another job
2. I'm thinking of taking up golf or fishing
3. I'm going to spend more time with my friends
4. We were active in the church, but now we want more family time

The reinvestment story is an essential type of account to hear, and they represent the most common and frequently used story types.

These are the key points of the reinvestment story.

1. The persons' commitments are shifting.



2. They are letting go of previous committed long-term behaviours
3. The statement, "I'm looking for another job" is more than likely a mildly abstract way of saying "I don't want to leave".
4. It is a way of telling you that the person is probably grieving.
5. The person often feels rejected by their partner, the company, workmates, a friend, a group of friends or their church, club etc.

Whatever the situation, the person will be suffering the emotional pain of rejection and feeling unworthy and unwanted.

The problem is that endings like this are rarely clean, which can result in the creation of another cluster mentioned in the Departure Lounge videos.

If this cluster lands on top of other clusters it can lead to a mental breakdown.

'I know someone who stories.'

It is when the storyteller tells about themselves by telling a story about someone else. They usually start with:

1. "I have this friend who ..."
2. "I know a married couple who ..."



3. "I know this manager who ..."
4. "I have a group who ..."
5. "I know a business that is in real trouble ..."

Examples

Meeting with a businesswoman

I was on the 12th floor of a building sitting in a fancy office meeting with a businesswoman. She got up to photocopy some documents saying, 'this machine is useless. It was expensive and supposed to be the best, but it just doesn't work as it should. We have tried to fix it many times, but nothing seems to work.'

The metaphor was the photocopier. The photocopier was the woman.

The language was full of thematic words like stuck, caught, broken and trapped.

It turned out that the business wasn't going well. The woman was in conflict with her business partner. The problem wasn't the photocopier but her concern for the survival of her business, her family and financial security.

Black garbage bags

A young girl had arrived home one wet and stormy winter's day to find her clothes and belongings in three black garbage bags in the carport. She came to us for help and stayed with us for a while.



A few days later, she told me these three stories, one after the other.

1. "When I was a little girl, I had a piano accordion that I loved. One day I left it outside, it got wet, and my mum threw it away."
2. "My sister and I loved playing with our barbie dolls. One day we didn't put them away, and my mother sold them in a garage sale."
3. "I had a favourite smurf that I loved, but I left it in the lounge. Mum put it in a garbage bag and threw it away."

What were the metaphors? The piano accordion, barbie dolls and a smurf that got tossed out.

The hidden messages of these stories?

"If I love something, it will be taken away from me, and it will be my fault."

Children's stories

Children's stories are primary stories because children are more open and will tell stories that are not very abstract. What they talk about is very close to the surface. They have yet to learn to be cautious with other people.

So, if you want to know what is happening with a child, ask them to tell you about their day and listen carefully.

A 9-year-old boy told me this story.



It was a beautiful warm sunny day and we were enjoying a feed of fish & chips on the beach when he told me this story.

'There is a war. The goodies are on this side, (indicating his right arm) and, (indicating his left arm) the badies are on this side. I am in the middle ...' He went on to describe the battle that was taking place inside his body, how bullets were flying everywhere, and he was the hero trying to bring the two sides together.

His parents had recently separated, and this young lad was caught in the middle, trying to fix things. His pain was obvious, unlike adults, who are more guarded and talk in more obscure language such as the next type of story.

I know someone who story

This is a type of story you will hear quite often.

It is when the storyteller tells about themselves by telling a story about someone else. They usually start with:

1. "I have this friend who ..."
2. "I know a married couple who ..."
3. "I know this manager who ..."
4. "I have a group who ..."
5. "I know a business that is in real trouble ..."



In the meeting with the businesswoman, she was the photocopier.

Anniversary Stories

People go back into their past to rehearse a story that has the same thematic material as their current problem, and the further back the story goes, the more profound the pain.

A 40 years old man who came from a happy family told me this story. 'When I was three, I became sick, and my parents took me to the hospital and left me there.'

When you hear a person telling you a story from the past, they are giving you a clue as to the issue they are currently facing.

I always knew when the date of my father's passing was approaching because my mother would tell stories of events that occurred around the time of his death.

She didn't want answers or solutions, just someone to sit with her and listen.

An anniversary story is a form of rehearsal story that is told at a particular time of the year to deal with unfinished pain or joy of the event. It might be a wedding, the loss of a partner, child, job, or the end of their marriage. It could be about the birth of a child, or a promotion at work.

The brain is a magnificent time clock because it remembers almost to the moment of an incident and is incredibly accurate.

Transition story



The transition story can contain themes of endings, confusion and beginnings. They sound like this:

"I think I should look for a new job or career ..."

"I'm in the process of ..."

"I don't know what to do ..."

"I don't know if I want to do this for the rest of my life ..."

We work on that story form more extensively in later videos.

For now, we move onto the Counter story and how it can block the communication process leaving people frustrate, unheard and feeling unworthy.