

Four-Plus Stories¹

Four-plus stories are those which require the four levels of the right-hemispheric control center to work together. This allows the bonus (+) of having our words in the left hemisphere match our experience. When emotional and spiritual blockage is resolved, our whole brain works in a synchronized way. These stories show how the storyteller experienced a negative emotion yet was able to act like himself in the midst of it. It is helpful to choose stories which are not too intense and have a moderate feeling level. This prevents the listener from becoming traumatized or feeling a need to care for the storyteller.

In a four-plus story, the storyteller briefly describes a situation she has experienced. She includes words which describe what she was feeling (sadness, shame, anger, fear, disgust, or hopeless despair). She describes how she felt in the midst of the situation, and how she was able to act like herself.

¹ Chris and Jennifer Coursey. *Basic Thrive Skills: Mastering Joy and Rest* (2008), 27-28.