

Story Seeds

“Story Seeds” is a game anyone can play that makes spontaneous storytellers of us all. I often play it in my workshops where there are several people, but you could play it with just two people if you don’t have a whole group nearby. Here is how it works:

One person starts by giving a word to the person on the left. It must be a concrete noun like *bird* or *hell* or *window*—not abstract like *love* or *beauty*. The person who has been given the word then recounts a memory or an image that the word stimulates. Responses can range from hilarious to touching. This exercise is juicy. Hang on for the ride.

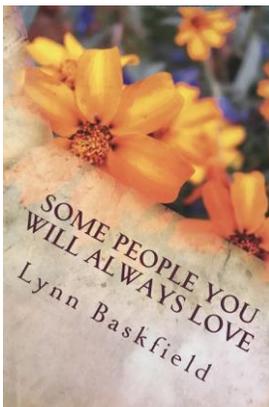
To illustrate, one time someone gave me “poison ivy.” Here’s what popped into my mind:

A few years ago, my husband and I rented a cabin at a cozy little resort. Apparently, the full moon that weekend made us giddy, and we decided to make love on a blanket by a secluded lake across the road. In the shadows we spread a blanket over what we thought was grass. A few days later Bill’s knees began to itch. You can imagine where that story goes . . . I get the giggles even now.

Someone else got the word *curve*. A moment’s thought brought her to a curve life had thrown her when her daughter almost died from drugs. We felt her pain as she shared her story.

The key to “Story Seeds” is Do Not Censor!

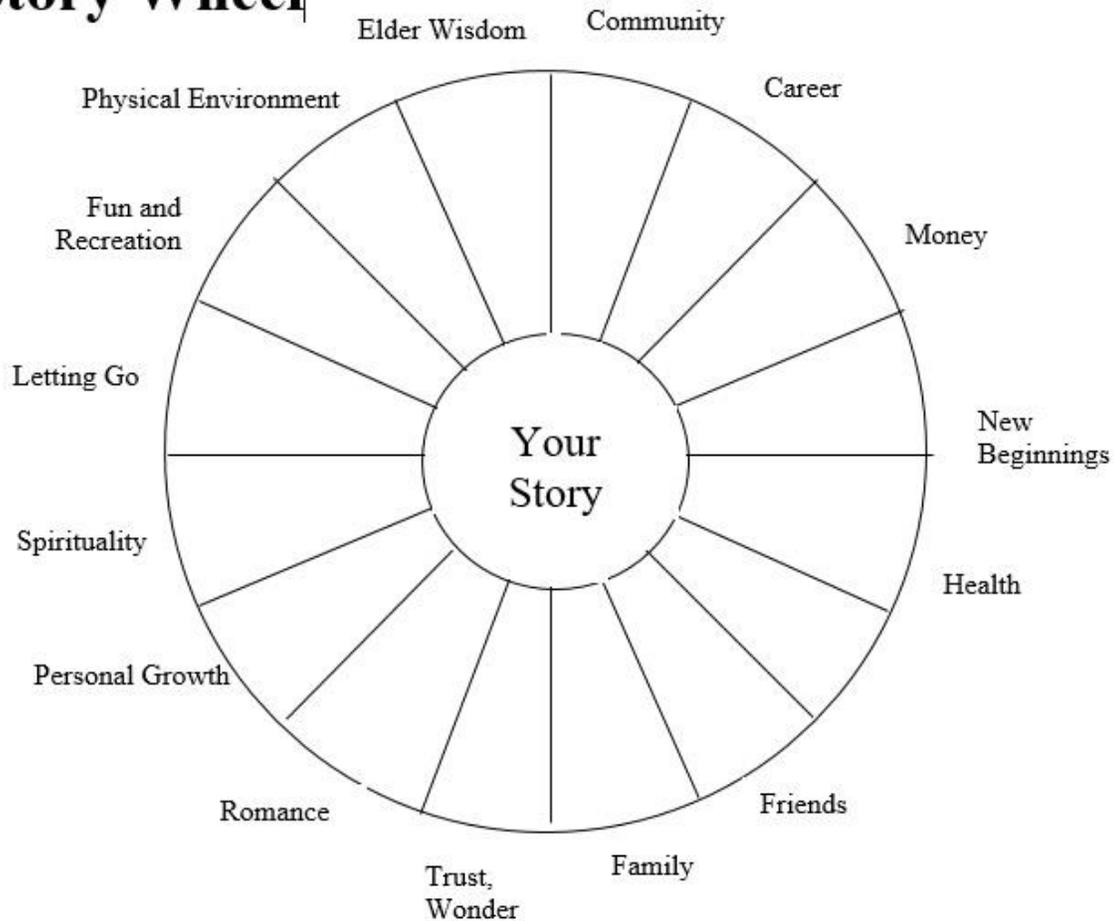
Do not sit there and think about the right thing to say. Do not try to look good. Let the story that finds you come forward in its raw humanity. The real stuff is the good stuff.



From: *Some People You Will Always Love: Finding the Stories that Satisfy Your Soul* by Lynn Baskfield
[Available on Amazon](#) in paperback or Kindle.

Mining for Gold: How to tap into clients’ stories for powerful coaching

Story Wheel



You can build trust in your creative process by playing with the perspectives from which you tell a story. When you first find a story, you tell it the way it comes out. At this stage, you have probably not named it, but you have a point of view or perspective that influences the course of the story.

To broaden and deepen your story, name the perspective from which you are telling, then tell it again from a completely different perspective. In doing this, you will find that your stories aren't that rare and delicate. You will realize they will not slip from your grasp. Instead, you will see that they are resilient. They are malleable. They are like fresh sourdough bread; many good loaves will rise from the same starter.

An easy way to play with perspective is to use the Story Wheel. Tell your story from three additional perspectives!

From *Some People You Will Always Love: Finding the Stories that Satisfy Your Soul* by Lynn Baskfield (p. 52)
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