

THE STORY OF YOUR SCAR

OBJECTIVES:

Therapeutic Expression:

- Allow participants to express personal scar stories for emotional release and growth.
- Foster empathy and connection through shared stories of resilience.

CHALLENGES&TIPS:

Challenge: Some participants may feel shame or reluctance in sharing the stories behind certain scars.

Tip: Establish a supportive and non-judgmental atmosphere, emphasizing the importance of personal choice in sharing, ensuring participants feel safe. Provide resources for navigating more traumatic stories with sensitivity and compassion.

PRESENTATION

Each scar has its story, its place in time, its locations and its cast of characters. The stories of scars are chapters of your autobiography. Each scar is a physical souvenir with an emotional echo. There physical scars but also emotional scars and psychological scars.

Most people have scars, innocently obtained in childhood, these pink, purple linen are reminders of the past.

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Most people have scars, innocently obtained in childhood, these pink, purple linen are reminders of the past. Maybe you fell of your bike or from a treehouse.

Other scars are larger, more traumatic with associated memories that have been deliberately consigned to the darkest corners of the mind.

Scars tell a story and we shouldn't be ashamed to tell it. Some people try to conceal their scars. For smaller ones it's easy the larger ones are more difficult to hide.

Tell the story of your scar describe what happened, describe how all your senses experienced the event/incident.

What did you feel, what did you see around you, what did you hear, how did the place smell, did you taste something, ... Where was it, how old were you.

PARTICIPANTS: +/- 10

SPACE: Everywhere, it should be a safe space to share stories

DURATION: around 10 minutes each one. Depending on the number of participants.

MATERIAL NEEDED: No material needed. There is the possibility of writing the story down instead of telling it aloud. In this case you will need some paper and pens.