

# The (draft) Narrative Therapy Charter of Storytelling Rights

The stories we tell about ourselves are not created in a vacuum. All too often, the stories we believe about ourselves have been written by others...

Storytelling rights are not as well-known as other forms of rights, but they are important. One of the first steps in rewriting the stories of your identity may require you to reclaim the storytelling rights over your own life.

(Denborough 2014: 8)

Denborough, D. (2014) *Retelling the stories of our lives; Everyday Narrative Therapy to draw inspiration and transform experience* W.W. Norton & Company

Dulwich Centre Foundation International, International Women's Development Agency and Women's League of Burms (2013). *Narrative responses to human rights abuses; sustaining women workers and honouring the survival skills of women from Burma / Myanmar* Melbourne: International Women's Development Agency

# **The (draft) Narrative Therapy Charter of Storytelling Rights**

Article 1: Everyone has the right to define their experiences and problems in their own words and terms.

Article 2: Everyone has the right for their life to be understood in the context of what they have been through and in the context of their relationships with others.

Article 3: Everyone has the right to invite others who are important to them to be involved in the process of reclaiming their life from the effects of hardship.

Article 4: Everyone has the right not to have problems caused by trauma and injustice located inside them, internally, as if there were some deficit in them. The person is not the problem; the problem is the problem.

Article 5: Everyone has the right to have their responses to hard times acknowledged. No-one is a passive recipient of hardship. People always respond. People always protest injustice.

Article 6: Everyone has the right to have their skills and knowledge of survival respected, honoured, and acknowledged.

Article 7: Everyone has the right to know and experience that what they have learned through hard times can make a contribution to the lives of others in similar situations.

Article 8: Everyone has the right to remain in control of their story, who it is shared with and how. The safety of the storyteller must be the first priority.  
(Added by women of Burma, 2013)