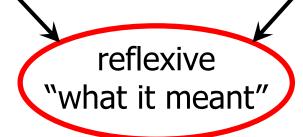
types of narrative sequence

external "what happened"

better outcomes in emotion-focused therapy are associated with high specificity of 'external' memory description, but with an overall emphasis on time spent in 'internal' emotional exploration & 'reflexive' meaning construction a richer, multi-layered, more flexible & potentially helpful narrative emerges from combining all three of these types of description



internal "how I felt"

therapists' own depth of internal experiential focus helps clients move to deeper levels of internal experiencing too and this is associated with subsequent improvements in therapy outcome

Angus L. & Greenberg L. *Working with narrative in emotionfocused therapy.* Washington: APA, 2011. p.14-15