Practice: Listen to the story of your partner dealing with a difficult challenge. Identify the 3 Vs and the facts, feelings, and values in the story.

The 3 V’s:

Villain:

Victim:

Vindicator:

Facts, Feelings, Values:

The FACTS: (objective parts of the story)

The FEELINGS: (the meaning behind the words being communicated - amazed, amused, inspired, annoyed, disturbed, etc. [adjectives]).

The VALUES: (what does the storyteller value? - education, goodwill, community, courage, faith, family, connection, freedom, respect, etc.).