**Size: individual, small group Duration: 30-60 min**

**TITLE: SECOND CHANCE**

**AIMS**:

* To go beyond past experience and to feel an “emotional” settlement
* Students/users realize how reframing a story affects their inner experience and reduces the consequences of past, painful and negative experience

**DESCRIPTION**:

The exercise is intended to leave behind a past painful event that still influences experiencing the person’s satisfaction in the present. With their participation in the exercise the students/users realize we are in no way marked by negative experience in the past. They also realize there is still an alternative, that they are given a second chance.

**Step 1:** Write down a painful event from your past in the form of a short story. Write it in the present tense. Describe your feelings and try to remember as much details as possible.

**Step 2**: Now, take another piece of paper and write down a story that ends as you would like it to end. This story too, should be written in a present tense. You can face a person or a situation as you would want it. Create a new conversation and a new ending, your own solution. Write down your feelings again.

**Step 3: Guided debate**

**Asking the following questions, the trainer guides the participants into retrospection:** Have I learned anything new? To what extent is the painful event still part of me: is it more or less present? What does it mean to have a possibility or to be able to make a choice? Can this exercise be transferred or used in my everyday life? Will I ever use it again?

**MATERIAL:**

Paper and a pencil

**COMMENTARY:**

The exercise is appropriate for both young people and adults and can be implemented either individually or in a small group.

The open presentation of individual stories is intended for work in therapeutic groups only.

**EVIDENCE:** Evidence based

**AUTHOR:** S. Bercko

**SOURCE**: Psychosocial Rehabilitation Handbook (Psychosocial Rehabilitation – workshops). 008. Integra, Društvo za razvoj človeških virov.