Narrative therapy aims to separate the individual from the issue, and externalize problems instead of internalizing them.

**Four Principles of Narrative therapy:**

1. Reality is socially constructed.
2. Reality is influenced by and communicated through language.
3. Having a narrative can help us organize and maintain our reality.
4. There is no ‘objective reality’ or absolute truth.

**Five Narrative Therapy Techniques:**

**Telling One’s Story.** A technique that involves re-telling your own story to find new meaning in old experiences.

**Externalization Technique.** Externalizing helps you separate you from your problems, making it easier to change something you don’t like about yourself.

**Deconstruction Technique.** This technique involves breaking problems down into smaller, more specific issues that are easier to understand and address.

**Unique Outcomes Technique.** To help you see from a new, more positive perspective, broaden your view to see more of your own storylines, and focus on one that doesn’t include your most pervasive problems.

**Existentialism.** The belief that the world holds no inherent meaning, and that we all must make our own meaning in life.