***“WHAT’S THE STORY?”: LIFE STYLE NARRATIVES STUDY GROUP***

(an affiliate of the North American Society of Adlerian Psychology [NASAP])

***What’s the Story?*** is a book club with a twist in which we “string together” a person’s Early Recollections (perceived important memories, or ERs) into a kind of short story, then apply literary methods, such as those endorsed by The Great Books Foundation, to interpret it.

(The Family Constellation part of a Life Style – or those descriptions of family members – serves as a kind of “Cast of Characters” since many of those so described figure in the ERs.)

**Check us out!**

[**https://www.whatsthestory.online/**](https://www.whatsthestory.online/)

**Summary of our last meeting (a “twofer” – August 14 and September 25, 2022):**

Thank you, all – from the U.S., Canada, England, Turkey, and Rumania – who zoomed into our “twofer,” in which we conducted a live Life Style interview in August (14) and interpreted it in September (25)! **Join us for our next meeting, December 11, 2022!**

Though our plan had been to meet four times a year, every three months –

February, to coincide with Adler’s birthday (in years past, we’ve interpreted and compared the ERs of Adler, Freud, and Jung [!], and even those of Adler’s protégé, Rudolf Dreikurs)

May, before the NASAP and ICASSI conferences (last May we interpreted the ERs of Vladimir Putin)

August, after NASAP and ICASSI, and

November (to coincide with the U.S. elections: remember our *ERs of U.S. Presidents* meeting?)

– we decided, because of our twofer August/September meetings, to next meet a little later: in time to cheer on the holidays! What a great time to conduct and interpret a person’s – maybe persons’! – Family Constellation and set of important early memories!

At our August 14 zoom meeting, Aimee Daramus conducted a Life Style interview with “C.” Rather than interpret the material immediately afterward (both zoom and otter transcribed the interview), we voted to interpret it a month later – to give us time to “sit” with the material.

And what fascinating material! The two siblings, only two years apart, but so different (one withdrawn, the other ready to make friends)! The at times “stormy” family atmosphere, with one parent explosive and the other “going along” but trying to offer as much stability as possible. The constantly changing residences! Our “protagonist’s” (C’s) resiliency!

One’s interpretation built upon another’s and another’s until … well, all of us agreed that unpacking and interpreting the material as a group helped hone our skills: to consider perspectives that hadn’t occurred to us. One of us even compared C’s “journey,” her steadfastness and resiliency, to the *Odyssey*: her goal to reach or make a “home.”

And, how helpful was it that C participated in our interpretation! Who can forget her correcting us when we – summarizing her direction and goals, relationship with others, strengths and, yes, more – bandied about the word “trust” to describe her strong belief in self and friendships and she, instead, suggested a better word, “faith,” which has, whew, a more complex meaning. You should have been there to hear our thoughts on faith!

Thank you, Aimee, for conducting the interview, and C for agreeing to it!

**Join us for our next meeting, December 11, 2022** (will it be another live Life Style interview, or a reading of one that has already been conducted or, in the spirit of the holidays, a comparison of the Life Style of members of the same family? Stay tuned!).

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