

# *Life Story Cards for Men*

**Life Story Cards for Men** are used to assist people to reflect on and share important relationship stories.

**Exercise 1:**

Ask the group participants to select a card that represents an important story from their life. Encourage people to focus on relationship stories rather than boasting about achievement themes. Ask them to share these reflections.

**Exercise 2:**

Ask the group participants to select a card that represents an important issue they are working on in their life. Ask them to create a story about that card by placing themselves as the central character in the image.

Ask them to create a more complete story by identifying what happened immediately before and after that image occurred. These three segments then become one complete story.

These reflective stories are then shared.

**Exercise 3:**

Ask the group participants to select a card that represents an important person who has had an impact on their life. Ask them to share these reflections.

These card exercises are powerful tools that externalise and capture key issues that impact on people's lives. When the photos are first displayed, allow the participants to examine the images in silence for a few minutes before they make or pick up their selection.

Also available as a free download – Strength Cards for Men. For more information about group work solutions visit: [www.groupworksolutions.com.au](http://www.groupworksolutions.com.au)

The cards are designed so they can be printed in colour, on white or coloured paper or can be used in black and white. They are best laminated and can be used for a variety of exercises.

It is a free resource provided on the condition they are not sold to another party.

To provide feedback about the usefulness of this resource, email [info@groupworksolutions.com.au](mailto:info@groupworksolutions.com.au)































































