

## Story as a Tool for Creative Conflict Resolution

I'll share some stories from "[Sweet Fruit from the Bitter Tree: 61 stories for creative and compassionate ways out of conflict.](#)" Then I'll talk about the power of stories as a tool for conflict resolution, and explore how you can use stories to support you in your life and work.

People have used the stories in Sweet Fruit from the Bitter Tree to:

- Tell to their hypnotherapy clients while they are in trance
- Teach topics in corporate seminars
- Facilitate discussion in a men's group in a jail
- Read as bedtime stories for kids (not every story is appropriate for all ages)
- Illustrate a point as part of any therapy process
- Role play possible scenarios in creative conflict resolution workshops
- Support any client (by reading a story a day for 2 months) in opening up more possibility and flexibility in their lives, no matter what aspect of their life they are wanting to improve.

Quotes from Amazon Readers:

*"The best thing... is the way the stories settle into your consciousness and keep surfacing over the days and weeks after you've read them. I've found myself applying principles I read about in the stories to situations in my own life without even noticing until I'm reflecting back later. "*

~Trevana Grenfell

*"Weeks after finishing the book the stories are still alive within me... When I find myself in tense or difficult interactions with housemates, coworkers, or family members, I find myself coming back to these stories and rethinking my behavior. "*

~Elana Sobel

Sweet Fruit from the Bitter Tree comes with a detailed index where you can search the stories by content, keyword, or type of solution, so you can easily find stories that will best support the work you're doing.

In his book "Crow and Weasel" author Barry Lopez writes:

*"The stories people tell have a way of taking care of them. If stories come to you, care for them. And learn to give them away where they are needed. Sometimes a person needs a story more than food to stay alive. That is why we put these stories in each other's memory. This is how people care for themselves. One day you will be good storytellers. Never forget these obligations. "*



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