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MCW MedMoth Storytelling

Goal: Create a five-minute story (not an anecdote)

- No more than 600 to 800 words
- No notes or props
- First-person, true, relatable narrative
- Family friendly, HIPAA compliant
- Have fun

Rules For Great Storytelling

- Make people root for you
- Stories are about how the event made you feel
- Stories have a beginning, a middle, and an end
- Great stories are universal
- Don't be boring!

Modified from: *Fast Company* <https://www.fastcompany.com/3052152/6-rules-for-great-storytelling-from-a-moth-approved-master-of-the-form>

The Moth: Storytelling Tips & Tricks

- Moth stories are told, not read
- Have some stakes
- Have a great first line that sets up the stakes and grabs attention
- Have fun!
- Steer clear of meandering endings
- No standup routines please
- No rants
- No essays
- No fake accents
- Practice civility and respect

Modified from <https://themoth.org/share-your-story/storytelling-tips-tricks>

Is It a Story or Anecdote?

The Difference Between Anecdotes and Stories

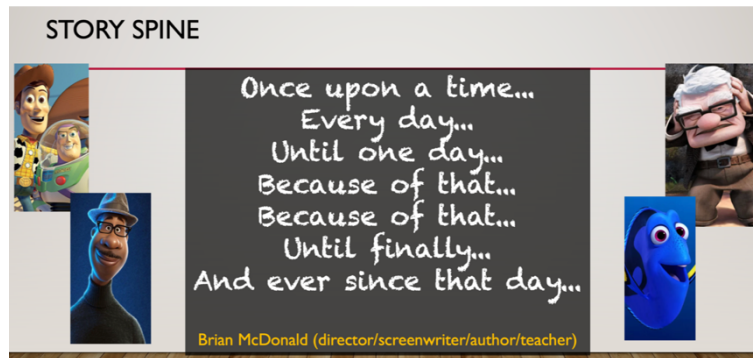
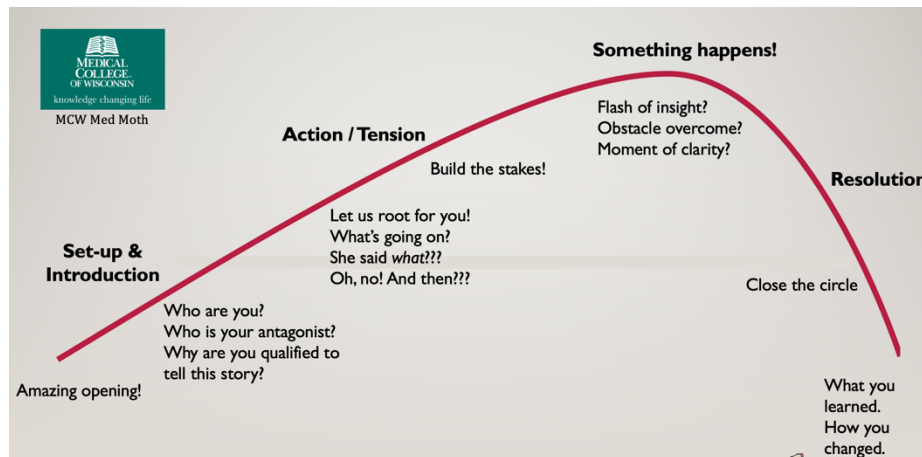
An anecdote is an incident that's usually amusing, odd, sad, or tragic. Stories, on the other hand, have an "official" literary definition: A hero or heroine struggles to overcome obstacles to reach an important goal.

4 Persuasive Pluses for the Story

- Stories involve the listener in the struggle.
- Stories forge a deeper involvement and engage emotions on many levels.
- Stories bring closure on a significant goal.
- Stories are memorable because they have structure.

Source: *Huffington Post* https://www.huffingtonpost.com/dianna-boohar/is-it-a-story-or-anecdote_b_6609364.html





THE MOTH StorySLAM

Telling a story tonight?

It must be **TRUE**.

The Moth is strictly nonfiction.

It must be **ON THEME**.

The story you've prepared should be intrinsically related to the theme for tonight's show.

It must have **STAKES**.

A story needs action and the action must have consequences. What is gained or lost? What is the urgency? What is the conflict? What is the goal and who or what is blocking it? How did the trip from Point A to Point B change or shape you?

It must be **YOUR STORY TO TELL**.

Were you there? Are you one of the "main characters"? Your involvement in the events as they unfold is essential. No journalism.

Finally, it must be **ON TIME**. SLAM stories should be 5 minutes long, plus a one minute grace period.

GOOD LUCK!

What we don't want: Stand-up routines. Repeat stories. Stereotypes. Rants. Essays. How-tos. Confessions. Lectures. Fictions. Gratuitous anything. (SEE MOTH DON'T LIST)

What we do want: Hook us in. Make us care about you. Paint the scene. Clearly state your fears, desires, the dilemma. Make us invested in the outcome. Introduce the conflict. Make us worried for you. Impress us with observations that are uniquely yours. Rope us into the moment when it all goes down. Conclude as a different person: Triumphant? Defeated? Befuddled? Enlightened? ...**CHANGED**.

THE MOTH StorySLAM Don'ts

The Moth's mission is to promote the art and craft of storytelling and to honor and celebrate the diversity and commonality of human experience.

Below are a few things that we believe are counterproductive to this effort.

If your story suffers from any of these problems, please go back to the drawing board. **We promise your story will be better for it!**

Please don't caricature or "explain" a culture that is not your own (e.g., putting on fake accents or telling us about the "customs" of a community you don't belong to).

Please don't make another person's identity (class, gender, race, orientation, body type, etc.) the punchline ... or the story line. **Your story, your struggles.**

Please don't use another's identity as a prop or plot point. (If you choose to include another person's race, orientation, physical appearance or able-bodiedness, be sure that it is intrinsic to the story.)

Please don't celebrate unwanted sexual advances in your story.

And of course, **NEVER** use racial slurs or hate speech.

As always...

Please don't repeat a story you've previously told at The Moth.

Please don't use notes or props.