

Story Structure Template

SHERRIE — STRESS RELEIF

Hook	<p>The man in the red shirt felt he had to explain himself to me even though I was a complete stranger. “The lid wasn’t on tightly and it slipped from my hand”, he said.</p>
Setup	<p>He had just spilled the entire contents of his drink down his shirt, across the table and onto the floor. Disgusted with himself for the mess he made, he looked around the mostly empty restaurant until our eyes met. He gave me a sheepish grin and offered up his explanation before going in search of someone to clean it up for him.</p>
Parachute	<p>I imagined that this wasn’t the first thing that had gone wrong today. He had probably overslept because he had forgotten to set the alarm the night before. After getting dressed in a hurry (the mismatched socks were a giveaway), he went to his car and it wouldn’t start. He tried to call for help but his cell phone battery died and he doesn’t have a house phone any more.</p>
Theme	<p>It isn’t the major life events that cause us the most stress.</p>
Transition	<p>Have you ever had one of those days where everything just seems to go wrong?</p>
The Sell	<p>Whatever you’ve been doing to manage your stress hasn’t been working. If stress leads you to overeat, then you just end up gaining weight. If you relieve your stress by going on a shopping spree, you end up with empty pockets. You know that smoking, drinking and meds don’t work in the long run either. ...right?</p>
Tie	<p>I nodded to the man in the red shirt and agreed with him that they should have put the lid on tighter. I like to think that it made him feel just a little bit better.</p>