

How Can VuJaDé, 7 Bs of Antenarrative, and 7 Steps of Restorying Breath Life Energy into Your 8 Wheel of Life Experiences?

By David Michael Boje for the Monthly 1st Friday Session for Learning to Coach Your Wheel of Life, Feb. 6, 2025.



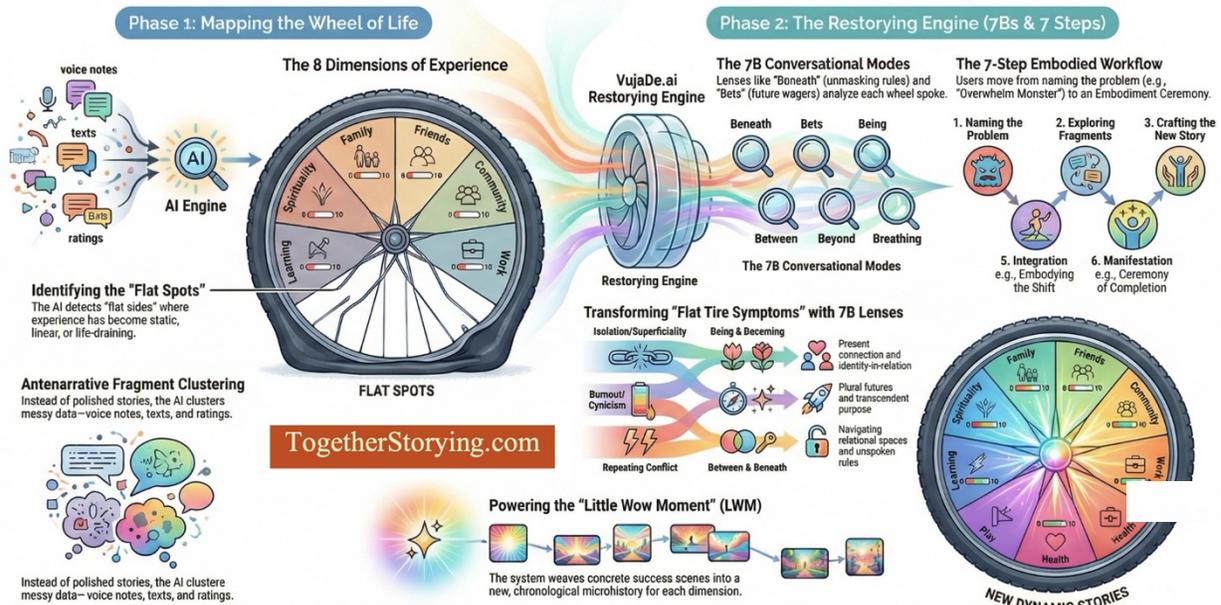
Abstract: Can <https://VujaDe.ai> by Monty Miller and Doug Breckenridge act as the digital “engine” that reads the flat spots on the Wheel of Life, surfaces antenarrative fragments, and then scaffolds people through David Michael Boje’s 7 Bs of <https://antenarrative.com> and David Boje and Grace Ann Rosile’s 7 restorying steps for each of the 8 dimensions of experience (<https://TogetherStorying.com>)?

1. VujaDe.ai and the 8 dimensions of experience

The VujaDe™ is proprietary. It is described as an assessment and team-data system used before coaching or facilitation sessions. Users take a VujaDe™ Test online and receive a profile that can be visualized in dashboards and pie-charts, indicating differences between individuals (for

example, process vs. outcome-oriented, introverted vs. extroverted; and visual vs. kinesthetic vs. auditory styles.

Breathing Life into the Wheel: How **VujaDe.ai** Restories Your Experience



Here, David Michael Boje is applying VujaDe™ to be interactive with Wheel-of-Life coaching, which he learned from his sister, Karen Boje. VujaDe™ may continuously re-read lived data (text, voice, ratings) of family or teams, from eight spokes of experience: Family, Friends, Community, Work, Love Learning, Play, and Spirituality.

Diagnostic Mapping of the Eight Dimensions

The Eight Dimensions of Experience serve as a diagnostic surface for identifying "flat sides" in an individual's or group's "Wheel of Life." As a coach, you must realize that a wheel hitting the ground on a flat side cannot roll; it requires "inflation" through targeted restorying. Facilitators are encouraged to custom-label spokes where necessary—for example, splitting "Community" into "Activism" and "Ceremony"—to ensure the diagnostic is grounded in the group's specific reality.

The Eight Dimensions: Scopes and Flat Tire Symptoms

1. **Family:** Connection, communication, and caregiving. *Flat Tire Symptom:* Repeating conflict scripts, silence, or relational cutoffs.
2. **Friends:** Social support, belonging, and mutual aid. *Flat Tire Symptom:* Isolation or superficial, unfulfilling contact.
3. **Communities:** Neighborhood, civic, cultural, or faith-based engagement. *Flat Tire Symptom:* Burnout, cynicism, or general apathy.
4. **Work:** Livelihood, shared responsibilities, and role fairness. *Flat Tire Symptom:* Overwork, role inequity, or stagnation.

5. **Health:** Physical, emotional, and psychological safety. *Flat Tire Symptom:* Chronic stress or ignored physical symptoms.
6. **Learning:** Education, skills, and intergenerational transmission. *Flat Tire Symptom:* Stagnation or blocked opportunities.
7. **Play:** Creativity, celebration, joy, and ritual. *Flat Tire Symptom:* A "serious business" only mindset with no room for joy.
8. **Spirituality:** Values, meaning-making, and purpose. *Flat Tire Symptom:* Loss of meaning or a sense of fragmentation.

Implementation: The VujaDe™ Test

Facilitate the initial assessment using a 0–10 scale for "inflation" across these dimensions. The strategic "So What?" behind visualizing these differences lies in identifying how personal styles—such as process-oriented versus outcome-oriented—impact the inflation process. An outcome-oriented individual may attempt to rush the "Being" mode, causing a recurring flat side due to lack of presence. This visual feedback reveals exactly where the wheel is hitting the ground, dictating which analytical filters are required for intervention.



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- The VuJade system clusters those fragments as antenarrative data for each “slice” rather than as one polished narrative, preserving messiness instead of forcing quick coherence.
- Over time, the VujaDe™ system can show how each dimension changes as new stories and LWMs are added, giving visual feedback on which “flat sides” are inflating.

2. Embedding the 7 Bs of antenarrative in VujaDe.ai

Table 1: Static Narrative vs. Dynamic Storying

Attribute	Static Narrative (BME)	Dynamic Storying (Antenarrative)
Temporal Structure	Linear, fixed, and retrospective	Fragmented, non-linear, and emergent
Data Type	Polished, "cherry-picked" accounts	Raw fragments, voice, and lived data
Narrator Role	Authoritative voice seeking closure	Participant engaging in caring action
Philosophical Root	Dead, static representation	Living, breathing transformation
Strategic Impact	Encourages fatalism and labels	Scaffolds resilience and wagers

Moving toward "antenarrative fields" is a strategic necessity to prevent the "cherry-picking" of experience that masks systemic issues. This shift allows us to work with the raw materials of reality, providing the foundation for our primary diagnostic tool: The Wheel of Life.

Design each 7-B as a distinct conversational mode or analytic filter that users can select at any wheel spoke.

- 1. Beneath mode (Unmask)**
 - The AI highlights repeated metaphors, power words, and material conditions in the collected fragments for a dimension (“I’m always the one who...”, “we can’t afford...”).
 - Prompts: “What rule is implied here?”, “Who benefits from this rule?”, “What mask is being protected?”
- 2. Before mode (Honor)**
 - The system pulls up earlier fragments, journals, or voice notes and juxtaposes conflicting past stories for the same dimension.
 - Prompts: “Here are three different pasts you’ve told about ‘family’—what gets left on the cutting-room floor when only one is called ‘the real story’?”
- 3. Bets mode (Wager)**
 - VujaDe.ai generates multiple “if/then” future mini-stories from the data rather than a single plan (for example, three different futures for community engagement based on small habit changes).

- Prompts: “If you made this small shift for 30 days, what new story about health might emerge?”
- 4. **Being mode (Intervene in the now)**
 - Integrate micro-check-ins and breath or body prompts; log sensations, mood, and relational field in real time.
 - The system can ask: “Right now, in this moment, what do you notice in your breathing, posture, and the space between you and X?”
- 5. **Becoming mode (Restory identity)**
 - AI detects fixed labels (“I’m a failure,” “I’m the caregiver”) and offers alternative identity framings drawn from user’s own LWMs.
 - Prompts: “In these three LWMs you show up as an advocate—how does that challenge the ‘I’m powerless’ identity?”
- 6. **Between mode (Navigate relations)**
 - Tag fragments with relationship roles (parent, partner, colleague, neighbor) and map tensions or alliances between them for each dimension.
 - Prompts: “What happens in the space *between* you and your sibling when money is discussed?”
- 7. **Beyond mode (Leap)**
 - Invite spiritual, ancestral, ecological, or radical possibilities—ritual ideas, ceremonies, collective visions—sourced from the user’s culture and values.
 - Prompts: “If you invited your future ancestors to advise this decision, what might they say?”

Each mode becomes a configurable lens for a session, so a coach can choose, for example, “Wheel slice: Community, Bs: Beneath + Between,” and have the system steer questions and reflections accordingly.

3. Automating the 7 steps of restorying inside VujaDe.ai



You can implement the Embodied Restorying Process as a structured workflow that the AI guides for individuals, families, or communities (Boje, at <https://TogetherStorying.com>).

Applying the 7B Analytic Filters

The 7Bs function as "conversational modes" or "analytic filters" that determine the depth and direction of the intervention. They are the tools we use to dismantle fatalistic scripts and scaffold new possibilities.

The 7B Analytic Guide

Beneath: Unmasking

- **Core Objective:** Identifying unconscious metaphors and material conditions (power, money, rules).
- **Facilitator Prompts:** "What rule is implied here?" "Who benefits from this rule?" "What mask is being protected?"
- **Strategic Impact:** Dismantling the material scripts and structural barriers that normalize inequity and deflate the system.

Before: Honoring

- **Core Objective:** Multiplying pasts and recovering silenced genealogies.
- **Facilitator Prompts:** "What gets left on the cutting room floor when only one version is called 'the real story'?" "What are the silenced stories of the children or the marginalized in this history?"

• **Strategic Impact:** Accessing alternative genealogies of resilience that provide resources for change.

Bets: Wager

- **Core Objective:** Framing the future as multiple possible trajectories (if/then scenarios).
- **Facilitator Prompts:** "If you made this small shift for 30 days, what new story might emerge?"
- **Strategic Impact:** Replacing fatalism with low-stakes wagers that build narrative momentum.

Being: Intervening in the Now

- **Core Objective:** Grounding experience in present-moment somatic and relational reality.
- **Facilitator Prompts:** "What do you notice in your breathing and the space between you and X right now?"
- **Strategic Impact:** Inflates dimensions through immediate presence, posture, and contact.

Becoming: Restorying Identity

- **Core Objective:** Challenging fixed labels and viewing identity as an ongoing process.
- **Facilitator Prompts:** "In these moments you show up as an advocate—how does that challenge the 'I'm powerless' identity?"
- **Strategic Impact:** Opens space for emergent roles and alternative identity positions.

Between: Navigating Relations

- **Core Objective:** Mapping tensions and alliances in the spaces between roles and people.
- **Facilitator Prompts:** "What happens in the space *between* you and your sibling when money is discussed?"
- **Strategic Impact:** Addresses cross-boundary tensions that disrupt family and community systems.

Beyond: Leap

- **Core Objective:** Inviting radical, spiritual, or ancestral possibilities.
- **Facilitator Prompts:** "If you invited your future ancestors to advise this decision, what might they say?"
- **Strategic Impact:** Allows for "leaping" outside realistic constraints into ritual and collective imagination.

The toolkit ranges from the **Beneath** mode, which unmask rigid material rules, to the **Beyond** mode, which invites radical transcendence. This breadth ensures the coach can address both concrete workplace inequities and spiritual fragmentation, preparing the system for the 7-step restorying workflow.

4. Phase III: The 7-Step Embodied Restorying Workflow

This process is a "choreography" that moves through antenarrative fragments to "thicken" a new, living story. Each step must be executed with precision to move the participant from a deficit script to a lived microhistory of success.

The Restorying Workflow

1. **Characterize Best Self (Pre-Rabbit Hole):** Pin high-point stories visually as "Preferred Self" references. These must serve as the primary anchor to contradict the deficit story.

2. **Externalize and Name the Problem:** Personify the problem (e.g., "The Overwhelm Monster"). Separate the core soul from the deficit script so the problem is the problem, not the person.
3. **Audit the Payoff (Sympathize):** Identify the "payoff narrative." Treat the problem as a "legitimate need" met through harmful means. Skipping this step is a failure point; without understanding the tacit benefit (safety, control, attention), the new narrative will lack durability.
4. **Revise via T-E-B Mapping:** Map the **Thought-Emotion-Belief (T-E-B)** configurations. Reflect these patterns to show they are fragments of an unhelpful antenarrative, then open movement toward new identity positions.
5. **Capture Little Wow Moments (LWMs):** These are the primary inflation mechanisms. Facilitators must tag these short, concrete scenes with **relational roles** to make the "Between" and "Being" modes visible and undeniable.
6. **Rehistorize through LWMs:** Weave these moments into a new chronological "microhistory." Deliberately exclude the old "deficit" stories to create a new archive of resilience.
7. **Publicize and Embody:** Conduct an **Embodiment Ceremony** featuring breath counts (4-4-4-4), collective claps, and somatic anchoring. **Loop-back logic:** If the somatic feeling rating (0–10) is low, you must loop back to Steps 5 and 6 to further thicken the LWMs.

1. **Step 1 – Characterize your best self (pre-Rabbit Hole)**
 - The interface opens by collecting high-point stories in each dimension; AI labels them explicitly as “Preferred Self/Relations” and pins them visually around the wheel.
 - It can periodically resurface these when later steps get heavy (“Notice how your ‘Best-Self-as-Listener’ showed up in this LWM about your child”).
2. **Step 2 – Externalize and Name the Problem**
 - The system prompts the user to personify or name the problem (“The Overwhelm Monster”) and tags subsequent text or speech to that externalized figure, not the Self.
 - In family/group sessions, each member can add their version of the problem-character, which the AI then compares, showing overlaps and differences.
3. **Step 3 – Sympathize (find the payoff)**
 - VujaDe.ai asks targeted questions: “What’s the one thing this habit protects or gives you?” and captures the “payoff narrative.”
 - That payoff is then treated as a legitimate need, which later steps seek to meet through alternative, less harmful antenarratives.
4. **Step 4 – Revise by connecting thoughts, emotions, beliefs**
 - Create a structured journaling or voice-capture template: columns for Thought, Emotion, Belief related to a specific flat slice.

- AI then reflects patterns back (“Often when you think ‘they don’t care,’ the emotion is tightness in the chest and the belief is ‘I’m alone.’ What new belief might fit your LWMs better?”).
- 5. **Step 5 – Relationships and Little Wow Moments (LWMs)**
 - Provide an “LWM capture” button in each dimension where users store short, concrete success scenes involving others.
 - The system prompts for at least three LWMs per target dimension and tags them with relationship roles, making Between and Being more visible.
- 6. **Step 6 – Rehistorize using only LWMs**
 - VujaDe.ai can automatically weave LWMs into a new, chronological “micro-history” of that dimension (for example, “A different history of our co-parenting”), deliberately excluding PSA-like deficit stories.
 - In group sessions, everyone listens to/reads that LWM-history and can annotate where they feel a somatic “Yes.”
- 7. **Step 7 – Publicize the New Story + Embodiment Ceremony**
 - The AI helps draft a short “New Story” statement or manifesto for each dimension and suggests who in the network could be allies and accountability partners.
 - For embodiment, the app can guide breath counts (4-4-4-4), prompt the collective claps, and ask the closing question: “On a 0–10 scale, how strongly do you *feel* your New Story right now?”—then loop back to Steps 5–6 if the rating is low.

4. Coaching the flat sides of each dimension with AI + 7Bs + 7 steps

For each of the 8 dimensions, you can script reusable “journeys” that combine a B-lens with the restorying steps. Example flows:

- **Family relationships:**
 - Lens: Beneath → Between → Becoming.
 - Steps: 1–7 with strong emphasis on LWMs of good listening, shared rituals, and Beyond-style collective visions of family.
- **Friendships / social support:**
 - Lens: Being → Between → Bets.
 - The AI invites present-moment check-ins before social encounters, tracks LWMs of mutual support, then generates several “bets” for deepening those ties.
- **Community engagement:**
 - Lens: Before → Beneath → Bets → Beyond.
 - The tool gathers fragmented community histories, surfaces structural conditions, then helps users place realistic and radical bets on new forms of participation and solidarity.
- **Work, health, learning, play, spirituality:**

- For each slice, choose 2–3 Bs that best match its typical flatness, and have VujaDe.ai pre-configure questions, LWM prompts, and rehistoricizing scripts that fit those lenses.

Across all flows, the crucial design move is that the AI never rushes to a tidy “success narrative”; instead it keeps the antenarrative field alive—backward-looking fragments, forward-looking bets, and the messy data of thoughts–emotions–beliefs—while steadily inflating each slice of the wheel through embodied, relational practice.

Based on the provided sources, **VujaDe.ai** acts as a digital "engine" and "interactive Wheel of Life coach" that overlays David Boje’s **7B antenarrative framework** and the **7 steps of restorying** onto the eight dimensions of experience.

Instead of forcing a user’s experience into a static, polished narrative, VujaDe uses these frameworks to collect messy "lived data" (fragments, voice notes, ratings) and cluster them into dynamic fields that "breathe life" into the flat sides of the wheel.

Here is how VujaDe overlays these components to facilitate the transformation:

1. Diagnosis: The Wheel as a Living Data Interface

VujaDe.ai begins by having users rate the eight dimensions (Family, Friends, Communities, Work, Health, Learning, Play, Spirituality) on a scale of 0–10 based on their current "inflation".

- **Data Collection:** Users input short scenes, phrases, or images that feel true in the moment.
- **Antenarrative Clustering:** The system treats these inputs as "antenarrative fragments" rather than a coherent story, preserving the complexity of the user's situation.
- **Visual Feedback:** Over time, the AI visualizes which "flat sides" are inflating as new stories and "Little Wow Moments" (LWMs) are added.

2. The 7Bs as Conversational "Modes"

VujaDe overlays the **7 Bs** (Beneath, Before, Bets, Being, Becoming, Between, Beyond) as distinct **conversational modes** or **analytic filters**. A coach or user can select specific lenses to address the "flat tire symptoms" of a specific dimension.

- **Beneath Mode (Unmask):** The AI highlights repeated metaphors or material conditions (e.g., "I'm always the one who...") and prompts users to identify hidden rules or masks.
- **Before Mode (Honor):** The system retrieves past journal entries or fragments to juxtapose conflicting histories, asking users what was left out of the "official" story.
- **Bets Mode (Wager):** Instead of a single plan, the AI generates multiple "if/then" scenarios, encouraging users to place small wagers on different futures (e.g., "If you made this small shift for 30 days...").
- **Being Mode (Intervene):** The AI integrates real-time somatic checks, asking users to notice their breathing, posture, or immediate sensations during the session.

- **Becoming Mode (Restory Identity):** The system detects fixed labels (e.g., "I'm a failure") and suggests alternative identities based on the user's own success stories.
- **Between Mode (Navigate Relations):** The AI maps tensions and alliances between roles (e.g., parent vs. partner) within a specific dimension.
- **Beyond Mode (Leap):** The system invites users to explore spiritual or radical possibilities, such as consulting "future ancestors" or designing rituals.

3. Automating the 7 Steps of Restorying

VujaDe scaffolds the **Embodied Restorying Process** as a structured workflow. The AI guides the user through the seven steps to transform a "flat" dimension into an inflated one.

- **Step 1 (Characterize Best Self):** The interface collects high-point stories and pins them visually as "Preferred Self" references to contradict deficit stories.
- **Step 2 (Externalize the Problem):** The system prompts the user to name or personify the issue (e.g., "The Overwhelm Monster") so subsequent data is tagged to the problem, not the self.
- **Step 3 (Sympathize):** The AI asks targeted questions to find the "payoff" or need that the problem behavior is meeting.
- **Step 4 (Revise):** Using a structured template, the AI reflects patterns in thoughts, emotions, and beliefs, helping the user see them as fragments of a larger story.
- **Step 5 (Little Wow Moments - LWMs):** The system provides an "LWM capture button" for users to log concrete success scenes. It ensures these moments are tagged with relationship roles to highlight connections (**Between**).
- **Step 6 (Rehistorize):** VujaDe automatically weaves these LWMs into a new chronological "microhistory," deliberately excluding the old deficit narratives.
- **Step 7 (Publicize & Embody):** The AI assists in drafting a "New Story" manifesto and guides the user through an **Embodiment Ceremony** (breath counts, clapping) to ensure the story is felt somatically.

4. Customized Journeys for Each Spoke

The system allows for "scripted reusable journeys" that combine specific Bs with the restorying steps for specific dimensions.

- **Family Example:** The AI might use a flow of **Beneath** → **Between** → **Becoming**. It would guide the user through Steps 1–7 with a focus on LWMs regarding listening and shared rituals.
- **Friendship Example:** The flow might be **Being** → **Between** → **Bets**, where the AI prompts present-moment check-ins and generates wagers for deepening social ties.
- **Community Example:** The flow might be **Before** → **Beneath** → **Bets** → **Beyond**, gathering fragmented histories to help users place bets on new forms of solidarity.

By keeping the "antenarrative field alive"—constantly cycling through backward-looking fragments, forward-looking bets, and embodied data—VujaDe prevents the user from settling for a static "success narrative" and instead facilitates continuous, dynamic growth.

e by David Michael Boje

BREATHING LIFE INTO YOUR WHEEL OF EXPERIENCE: THE RESTORYING PROCESS

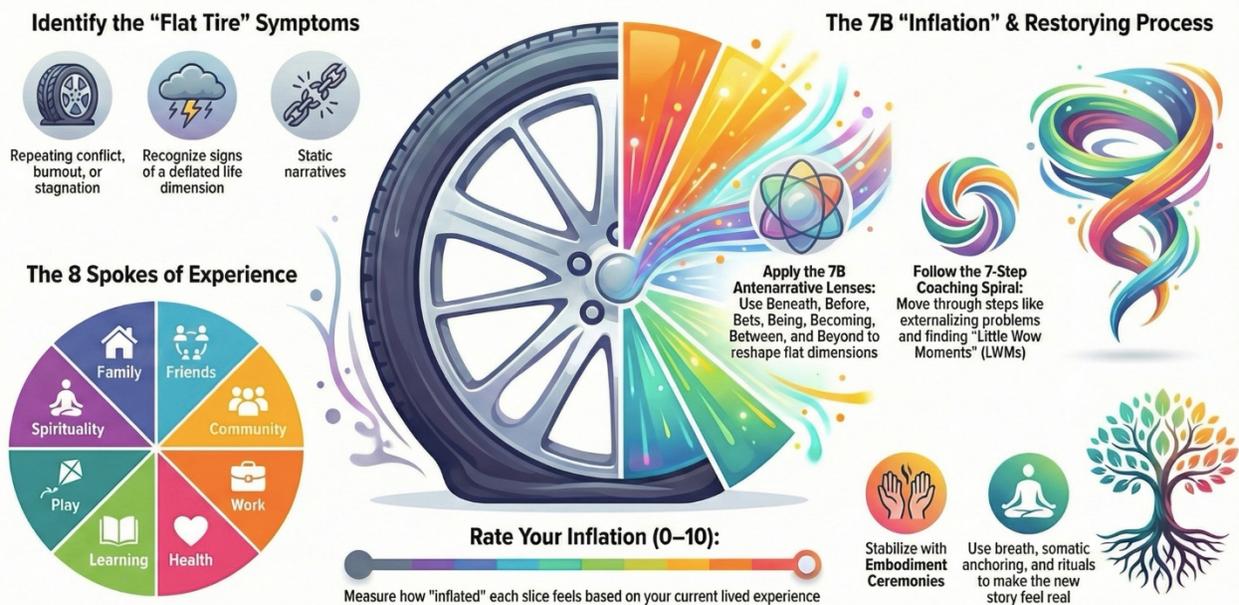
Revitalizing "flat" areas of your life using the 7B Antenarrative Lenses and 7-Step Restorying Process.

TogetherStorying.com

In this essay, David Michael Boje applies the eight 'wheel of life experience' dimensions he learned from his sister Karen Boje: 1. **family**, 2. **friends**, 3. **communities**, 4. **work**, 5. **health**, 6. **learning**, 7. **play**, and 8. **Spirituality** to 'storying.

Storying and Restorying are verbs of caring actions, whereas narrative and story are flat, static, linear, and Beginning-Middle-End (BME) ways of cherry-picking experience that suck the life out of experience. David Michael Boje says, "Storying breathes life into the Wheel of Life" (<https://TogetherStorying.com>). The eight wheel of life experience dimensions spans a set of everyday living experience dimensions. and each dimension can be "inflated" with combinations of the Seven Antenarrative B-processes together with David Michael Boje and Grace Ann Rosile's 'Seven Restorying coaching steps' (<https://davidboje.com/777/>).

Breathing Life into Your Wheel: The 7B Restorying Process



1. The Eight Wheel of life experience dimensions for family, friends, communities, work, health, learning, play, and spirituality

Drawing on common coaching uses of the Wheel of Life, these are core dimensions that families, friendship networks, and communities often assess.

1. Family relationships (connection, communication, caregiving).
2. Friendships and social support (belonging, mutual aid).
3. Community engagement and service (neighborhood, civic, cultural, Indigenous, or faith communities).
4. Work, livelihood, and shared responsibilities (income, unpaid care work, role fairness).
5. Health and well-being (physical, emotional, and psychological safety for all members).
6. Learning and growth (education, skills, cultural knowledge, intergenerational transmission).
7. Play, creativity, and celebration (fun, art, ritual, holidays, storytelling).
8. Spiritual / meaning-making life (values, faith, purpose, cosmology).

You can redraw the wheel so each “spoke” of experience corresponds to those facets that matter most in a given family, friendship circle, or community (for example, splitting “community engagement” into “activism” and “ceremony”).

Example table: Dimensions and 7-B focus

Wheel of life dimension	Typical flat-tire symptom	7-B lens that most directly “inflates” it
Family relationships	Repeating conflict scripts, silence, cutoff	Between (relational spaces) & Beneath (unspoken assumptions)
Friendships / social support	Isolation, superficial contact	Being (present connection) & Becoming (identity-in-relation)
Community engagement	Burnout, cynicism, or apathy	Bets (plural futures) & Beyond (transcendent purposes)
Work / livelihood	Overwork, role inequity	Beneath (material conditions) & Between (negotiation of roles)
Health / wellbeing	Chronic stress, symptoms ignored	Being (embodied presence) & Beneath (stress stories, metaphors)
Learning / growth	Stagnation, blocked opportunities	Becoming (identity as process) & Before (alternative genealogies of learning)
Play / creativity	Only “serious business,” no joy	Beyond (radical possibilities) & Being (here-and-now enjoyment)
Spiritual / meaning life	Loss of meaning, fragmentation	Beyond (spiritual, transcendent) & Before (ancestral lines of meaning)

2. How each 7-B antenarrative “spoke” works on the wheel

Building from your definitions and Boje’s 7-B framework, each antenarrative is a process that reshapes one or more wheel dimensions by surfacing pre-stories and opening bets on different futures.

1. **Beneath – Unmasking conditions and metaphors**
 - Applied to families/communities, Beneath notices the unconscious metaphors and material arrangements (who holds money, who speaks, who cooks) that keep certain “official” stories in place.
 - On a “flat” wheel, this lens exposes how hidden rules (“we don’t talk about feelings,” “Dad decides money”) quietly deflate relationships, health, and fairness.
2. **Before – Multiplying pasts**
 - Before recognizes that the shared past is an archive of fragmented, competing stories rather than one clean origin myth.
 - It lets families and communities recover silenced genealogies—children’s perspectives, women’s stories, Indigenous or marginalized memories—so the “history” of a problem and the “history” of resilience both become available resources.
3. **Bets – Plural futures instead of fate**
 - Bets reframes the future of the system (family, friends, community) as multiple possible trajectories instead of a single fatalistic script (“we always fall apart”).
 - By treating every small experiment in relating differently as an ante wager, people place living bets in the dimensions they want to improve (for example, a weekly family circle as a bet on better communication).
4. **Being – Grounded presence and relation**
 - Being brings attention to immediate lived experience, the quality of listening, eye contact, bodily states, and place.
 - In the wheel, ‘Being’ inflates slices like health, play, and relationships by slowing storying down into breath, posture, and contact—what is actually happening right now between us.
5. **Becoming – Identity-in-flux**
 - Becoming treats each person and group as an ongoing process, not a fixed hero/villain label.
 - This opens space in family and community dimensions for members to restory themselves (“I’m not the ‘black sheep’; I’m an emergent artist-activist”) and to notice shifts over time instead of reimposing old roles.
6. **Between – Relational in-betweens**
 - Between focuses on the spaces between groups, generations, and positions where tensions, negotiations, and misalignments accumulate.

- On the wheel, this is the spoke that especially affects family relationships, friendships, and community engagement, because it attends to cross-boundary antenarratives (e.g., parents vs. teens, activists vs. officials).
7. **Beyond – Transcendent and radical possibilities**
- Beyond opens inquiry into spiritual, cosmic, and radical alternatives that cannot be contained by linear cause–effect stories.
 - It inflates the meaning, spiritual, and play/creativity slices by inviting ritual, ceremony, art, and collective imagination that leap outside “realistic” constraints.

3. Linking the 7-B antenarratives with the 7 restorying steps

Boje and Rosile’s Restorying Process (<https://davidboje.com/777/>) works as a coaching embodying choreography that moves through the seven antenarrative fragments (backward-looking and forward-looking bets) and gradually thickens them into a new living story and narrative.

Process mapping: 7 Bs × 7 steps

Restorying step (family/community coaching)	Dominant 7-B emphasis	What “inflates” on the wheel
1. Characterize yourself at your best, before the Rabbit Hole	Before & Becoming	Recalls alternative pasts and preferred identities that contradict the deficit story in family, friends, and community dimensions.
2. Externalize and name the problem	Beneath & Between	Separates Self–Soul–Spirit from the problem story, revealing structures and relational patterns that sit beneath and between members.
3. Sympathize: find one payoff	Beneath & Being	Surfaces tacit benefits (attention, safety, control) and invites a non-judging present-moment understanding of why the pattern persists.
4. Revise by connecting thoughts, emotions, beliefs	Beneath & Becoming	Tracks how thought–feeling–belief configurations are fragments of bigger antenarratives and opens movement toward new identity positions.
5. Relationships and Little Wow Moments (LWMs)	Between & Being	Locates specific lived episodes where relating went well, making present-tense, relational success stories in multiple wheel dimensions.
6. Rehistorize through LWMs only	Before & Bets	Re-edits the family/community history so that the archive foregrounds successful LWMs and embeds wagers on “we can do this again and more often.”
7. Publicize the New Story + support network	Beyond & Bets & Between	Turns the New Story into communal practice, ritual, and accountability across relationships, allowing transcendent possibilities to take root.

In this mapping, each coaching step is both backward-looking (re-editing antecedent fragments) and forward-looking (placing bets on an emerging, more life-giving story for each wheel dimension).

4. Using the 7-B wheel with families, friends, and communities

Here is one way to enact your quantum storytelling wheel in practice with a group.

1. Draw a shared Wheel of Life for the family/friend group/community, and co-name the dimensions that matter most (for example: parenting, money, health, ceremony, activism, fun).
2. Have each person rate how “inflated” each slice feels (0–10), not as an individual judgment but as a living story impression, then invite short antenarrative fragments for each slice (snatches of memory, phrases, scenes).
3. For each dimension that looks flat, choose a 7-B lens deliberately—‘Beneath’ for unspoken rules, ‘Between’ for cross-group tensions, Bets for locked-in fatalistic futures—and ask B-specific questions.
4. Move through the 7 restorying steps (<https://davidboje.com/777/>) as an embodying spiral, using LWMs and rehistoricizing to repopulate the Before” o’f that dimension with alternative success stories and then publicizing the New Story in some communal ritual (family meeting, community circle, online story sharing).
5. Close with the Embodiment Ceremony—breath, clapping, somatic anchoring—so the New Story is felt in bodies and relationships, not just spoken, stabilizing the wheel’s inflation across time.

In this way, the dimensions of the wheel of life (family, friends, community, work, health, growth, play, spirituality) become dynamic antenarrative fields where Beneath-Before-Bets-Being-Becoming-Between-Beyond (<https://antenarrative.com>) continuously breathe life into otherwise flat scripts.