Here's an example of the But/Therefore technique to help you get started --
📄 **Copy of Storytelling with the But/Therefore Technique**

There are four parts to a solid story: a CHARACTER has a GOAL but faces at least one OBSTACLE and considerable STAKES if the character fails to achieve that goal.

Character (give me more than just a name)	
Goal (what does he/she want)	
Obstacle (a main one)	
Stakes (this should feel "life or death" to the character–what happens if they don't achieve their goal)	

Now combine those four elements into one sentence (a logline)–

Start with your character and his/her goal–

BUT,

THEREFORE,

BUT,

THEREFORE,

BUT,

THEREFORE,

BUT,

THEREFORE,

BUT,

**there is no "magical" number of times to use "but/therefore." Generally, about four cycles of the technique will give you a 1-2 page script.

BUT	Something unexpected that happens to our main character
THEREFORE	A choice that the character makes to still strive for the goal.