

## Your Stories

As much research shows, stories are one method of helping people make sense of the world and the events that happen. Stories can be unconsciously used to construct your approach to life, positive or negative.

**Step 1:** Think about 5 stories (positive or negative) that you have told to others lately. Complete the table below.

Story setting	Main events	Source of conflict	Resolution
Ex. At the office	Staff meeting, supervisor asked for suggestions, I provided one	My suggestion was mocked by my colleague	I shut down and never said another word
Ex. At the gym	Joined a cross fit class, did box jumps	The box was twice as high as usual and I tripped the first time	I kept going and did the ox jump successfully 10 times
1.			
2.			
3.			
4.			
5.			

**Step 2:** Now take a moment to look at the table of your answers and check whether you tend to tell more negative stories where you fall victim, or stories that show your rise to success after something difficult.

**Step 3:** Next, consider how these stories are serving you. Do you tell success stories because they build you up and motivate you to try more things in life? Do you tell failure stories or victim stories to garner sympathy and empathy from others? Do you tell certain stories to certain audiences?

**Step 4:** Which stories need to be tweaked? Or even omitted from your repertoire for a more whole you? Our stories are all useful in some manner, the key is to make sure that they are serving you.