

Change your Story

Change your Life

Stories vs. Facts

1. What are the facts? (Is this true?)
2. What story am I telling myself about these facts?
3. How do I react when I believe this story?
4. Flip the script:
 - a. What if the opposite is true?
 - b. What if the facts tell a different story?
 - c. How will I act based on a different story?

Source: Katie Byron's *The Work*

Investigating your stories

1. Where did this story come from?
2. Is this my story or someone else's? Is that what really happened?
3. Is this story true of me now?
4. Is this story contributing to or undermining my happiness?
5. Do I choose to continue to live this story or is it time to write a new one?

Source: B. Grace Bullock *Mindful Relationships*

Four Powerful Techniques for Cognitive Reframing

① Avoid Absolutes

Avoid words like always and never. "People always ignore me" becomes "There are some people at work who don't listen when I speak. How can I get them to pay more attention?"

② Change Language Intensity

Shift from "This is the absolute worst." (CATASTROPHIZING) Instead, "This is challenging, but I'm learning."

③ Change from "Why?" to "What?"

Instead of saying, "Why is this happening to me?", reframe it to "What is this trying to teach me?"

④ Reframe "What if's"

Change "What if I fail?" to "What if I learn and grow? What if I succeed? What if doing my best is enough?"

Source: Shadé Zahrai "Nano Tips to Stop Overthinking"

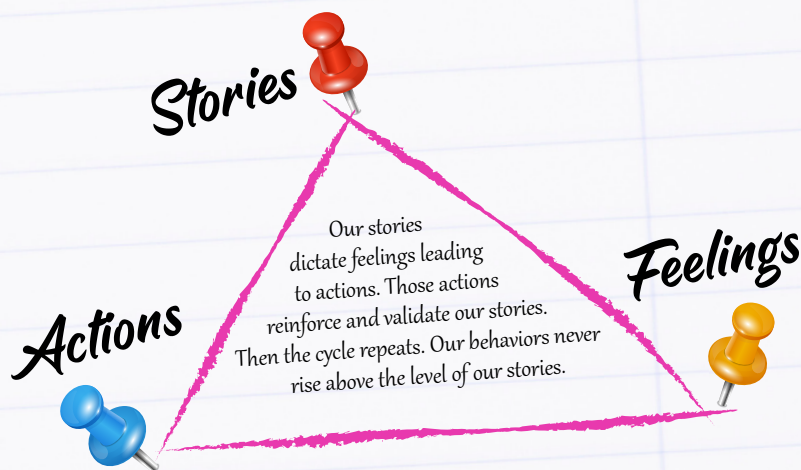
70% of our self-talk is negative.

Telling ourselves new stories is a great way add positivity to your inner monologue.

Recommended Books

Redirect – Timothy Wilson

Choose Your Story, Change Your Life – Kindra Hall



"The stories we tell literally make the world. If you want to change the world, you need to change your story. This truth applies both to individuals and institutions." – Michael Margolis