



*Worksheet 3*

## CHANGE YOUR STORY CHANGE YOUR MIND

*Think of a situation that is troubling you. Write out the whole story.*

*What is the situation? What people are involved and what is your participation in it?*

*Who is to blame? What are your beliefs about it?*

*Who is doing something wrong? And who is doing something right?*

*Now take a step back and describe the situation solely based on what actually happened (the facts) and not what any of the facts “mean”.*

*What assumptions are you making? What judgments are you holding? What is your belief and what is true?*

*(It's a belief if it's no longer true once you stop believing it; it's a truth if it's true no matter what you believe.)*

*What more do you need to find out? Is your story supporting your victimhood? Is it supporting your superiority?*

*Can you let go of your story about it? Can you see that everyone involved is just acting from their own wounds and conditioning; each person involved has their own story as well?*

*Does that change how you see things? Does this give you any perspective shift?*

*Does this help you find a solution? Does this help you feel better? What could help you feel better?*

*How could you rewrite or let go of the story altogether?*