

SHIFTING STORIES

STEP ONE: CREATE SPACE

Answer each of the questions below. Use short, simple sentences. And give yourself permission to unapologetically express your truth.

1. What/who has triggered you to feel angry, frustrated, pissed off, hurt, upset or disappointed and why?

Right now [INSERT NAME OR SITUATION] has triggered me to feel [INSERT FEELING] because [INSERT WHY, THE ACTION BY TRIGGER].

Example: "I'm fucking angry with Angela because she can't get the title for the home and she's not doing her fucking job."

2. If you could yell at this individual, what would you say to them right now? (Fully Express Your Truth!)

I would say [INSERT DESCRIPTION AND BE HONEST AND DIRECT. DON'T FILTER].

Example: "I would say...Angela you're fucking whore and lazy as fuck! Do your fucking job! I think Angela is a fucking whore and lazy as fuck. I would make her do her fucking job right now."

3. If you could force this person/people to think, say, feel or do anything, what would it be?

I would force them to [INSERT ACTION YOU DEMAND].

Example: "I would force her to do her fucking job."

4. With no filter or constraints, what do you truly think about this individual(s) right now? (Make a List).

[INSERT NAME] is [INSERT DESCRIPTION].

Example: "Angela is lazy. She doesn't do her job."

5. What is it about this situation that you don't ever want to experience again?

I don't ever want to [INSERT DESCRIPTION].

Example: *“I don’t ever want to do Angela’s job. It’s why I’m fucking paying her.”*

STEP TWO: RECOGNIZE THE STORY

1. In this moment, if you had to put all your feelings into one singular trigger statement, what would that be?

[INSERT NAME] should/shouldn’t [INSERT DESCRIPTION OF REQUEST, COUNCIL or ADVICE].

Example: *“Angela should do her job.”*

2. What is the Story you are telling yourself (and others) that was created by that Trigger

The Story I’m telling is [INSERT A SPECIFIC, SHORT 1-2 SENTENCE STATEMENT OF STORY].

Example: *“The Story I’m telling is Angela isn’t doing her job.”*

3. Is this Story true?

[YES] or [NO]

4. Are you sure this Story is 100% true?

[YES] or [NO]

5. What feelings come up for you when you believe that Story to be true? (Make a list)

I feel [INSERT DESCRIPTION OF FEELING].

Example: *“I feel angry. I feel like I have to do her job. I feel like I’m wasting my time.”*

6. What specific thoughts or desired actions arise from those feelings? (Make a List).

I want to [INSERT DESCRIPTION OF WHAT ACTIONS YOU WANT TO TAKE].

Example: *“I want to punch her in the face. I want to yell and scream.”*

7. If you step back from this story for a second, what do you want in this moment for you, them and for both of you?

I want [INSERT DESCRIPTION OF WANT] for me.

I want [INSERT DESCRIPTION OF WANT] for them.

I want [INSERT DESCRIPTION OF WANT] for us.

Example: *“I want to sell this house. I want her to be able to get the title to this house cleared up so she can get paid for her work. I want both of us to get paid for selling this property.”*

8. Will the current story give you what you want?

[YES] or [NO]

9. What may be possible for you in this situation, if the current Story was false?

I would be free to [INSERT DESCRIPTION OF POSSIBILITY].

Example: *“I would be free to call the State myself, figure out a plan and have Angela execute the game plan.”*

STEP THREE: SHIFT THE STORY

To start the SHIFTING process list the Original Story you have identified in the Recognize the Story section from the above steps.

The Original Story is:

[INSERT NAME] should/shouldn't [INSERT DESCRIPTION OF REQUEST, COUNCIL or ADVICE].

Example: *“Angela should do her job.”*

SHIFT ONE: Put yourself as the subject.

Example: *“I should do Angela's job.”*

- List three reasons this belief/story could be true:

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- -----
- -----

SHIFT TWO: Change the belief to the opposite:

Example: *“Angela is doing her job.”*

- List three reasons this belief/story could be true:

- -----
- -----
- -----

SHIFT THREE: Change the belief to what you most want.

Example: *“It’s time for me to do this because Angela has done her job and I’m the one making \$40,000 from this deal.”*

- List three reasons this belief/story could be true:

- -----
- -----
- -----

STEP FOUR: CHOOSE WHAT YOU WANT

1. After SHIFTING Your Story, which version of the Story helps you get what you want and why?

I am choosing [INSERT VERSION OF STORY] because [INSERT REASON WHY YOU ARE CHOOSING IT].

Example: *“I’m choosing SHIFT ONE because Angela has done her job. She sent the letters and followed her procedures as much as possible. She even gave me the information to call the State myself. So...since I’m the one making the most money and this is my deal anyway, I will call the State and figure out every angle on this thing.”*

2. What are you committed to doing within the next 48 hours?

I am committed to [INSERT ACTION YOU WILL TAKE].

Example: *“I’m committed to blocking off my day tomorrow to call the State as many times as needed to figure out every single plan of action to secure this title. And once I have that information I will give that to Angela to proceed down each path if necessary.”*

STEP FIVE: INTEGRATE THE LESSON

1. What have you learned from this situation about yourself?

(Note: sometimes it helps to look under the details. For example, maybe the situation seemed like it was about Angela not doing her job, but if you look under the “facts” of the situation...you’ll see a pattern. Maybe the revelation is that “I over react and take things as a personal attack.”)

2. If applicable, how does this lesson apply to your Health, Wealth, Relationships and/or Core Identity

