

What Stories Do You Tell Yourself?

Social stories feed our identities - in our own eyes and they provide the framework for others to view us too. Do the stories you tell empower you or limit you? What stories do friends tell you? They are just stories. People hit problems when they start to believe their negative stories, their limiting stories. Change their frames, refocus their lenses. Time for a change!

What stories do you tell about yourself?

What lenses do you provide for others to see you through? Beware!

How can you reframe your stories about yourself

Can you reframe so that they give you, and others a better view.

Remember...

The 'past' does not exist except in your head. What meaning have you made of your past? Your history is just that 'his story' or her story, The future hasn't happened yet. It too only exists in your mind. What pictures are you painting in your mind of your future. Is the future looking rosy... or bleak. Remember it is just a story you are telling yourself.