



## Your Mind is the World's Greatest Documentary Maker



Try to observe your thoughts, feelings and emotions through a 'story telling' lens. Spend 3-5 minutes thinking about the different stories you tell yourself. Often we tell ourselves the same stories, repeatedly for years. But is there another story you could tell yourself instead?

1. Observe that there is a narrator (you) notice the things you are telling yourself about yourself?
2. Evaluate the story you are telling yourself, do you believe the narrator? Is it true? Do you have to believe it? How do you see the story good or bad or neither?
3. How many times have you told this story? Did anything change after you told it?
4. Now write another story....

It is common to have not noticed these unhelpful stories. Remember the way we perceive the story is just as important as the story itself. You can accept the story for what it is, a story, and make room for it and take back the power and lessen its influence over you. You are not the story.

Robert\* told himself that he was not good at public speaking and he believed this story and when he was expected to make a presentation at work he experienced symptoms of stress, he felt faint, his heart beat faster and he had sweaty palms just thinking about it. He responded to these symptoms and had a thought that 'I'm not good enough', 'I can't do this' and he became more anxious and wasn't able to give the presentation.

However, the next time he had to speak publically he managed to step back a little and observe his thoughts and feelings (stories about himself) as passing experiences and connect to what was important to him in the moment'. Having labelled his thought as a thought he remembered he valued his job and decided to spend time learning his presentation and practiced a breathing technique to help him relax. He decided not to avoid the situation by not thinking about it before hand and to accept that he may still experience the same physical symptoms (increased heart rate, sweating, feel faint) but he will accept them for what they are, a natural physical response.