

We become the story we tell ourselves. Not because of fate, or self-determination, but because we filter the future and edit the past to fit our preferred narrative.

“The greatest truths are in fiction” someone once told me. It’s hard to understand why this statement feels true. Certainly, any deep philosophical argument made in a work of fiction has also been argued explicitly in a non-fiction work. How then, expressing the same truth, could one be “greater” than the other? I suspect the reason is that *story is our native language*, and in hearing a philosophical argument with evidence and rhetoric, we are merely listening to a *translation* from the way we understand the world.

If our thinking and reasoning are done in story, then it seems our future decisions are ultimately guided by the most important story – the one we tell ourselves.

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