

## 3 Steps To Get Unstuck From Stories

We're constantly telling ourselves stories about life. Stories about our relationships, our jobs, our bodies, our families, our weight, our success, our worth, our boss, our neighbour. Every aspect of life we tell stories about.

Stories typically veer to the negative and the more negative they are the more we get sucked in. They play over and over in our mind, taking up space and wasting evaluable energy.

### **But stories aren't facts.**

Stories are only perceptions. And perceptions are always tainted with our past experiences (usually the painful ones).

The problem is our brain can't tell the difference between a story and a fact and so we react to the story as if it were true. And we create all kinds of stress in our bodies and needless suffering in our minds.

### **So how do we make it stop?**

The mind can be like a runaway train we have to get a hold of. We do that by calling out each story and first asking if it's true. **Can you really know that this is what's happening?**

If the answer is NO, then we see the falseness of the story and we can right it back into a fact.

### **Facts are always much kinder than fiction.**

To do this exercise pick an area of your life that you're having trouble with. You may have more than one area, and you can do this exercise with each. **BUT for now just focus on one.**

So let's say you're having issues in the relationship area. Here's an example:

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Imagine you've just recently started dating and your new beau (let's call him Mark). Everything's been going great. Mark seemed super keen only last week, AND suddenly he's dropped off the face of the earth.

If you know anything about masculine energy and the rubber band theory this is actually quite a normal occurrence. But you're worried. You didn't get a reply to your last message and in the absence of any contact your mind's been racing. **You've been telling you all kinds of stories and now you're obsessing.**

**TO GET UNSTUCK** start by listing every story as you're telling it. Focus your attention on the situation and just observe your mind. Let it run; don't censor yourself, the more you can get out the better. Just observe and take down everything your mind is saying.

**And btw, how you'll know it's a story is that it includes SHOULD or SHOULDN'T.**

So using our example above, your list might look something like this:

#### STEP 1.

<b>LIFE AREA: RELATIONSHIP</b>
<b>STORIES I'M TELLING MYSELF</b>
Mark <b>should've</b> called
Mark <b>shouldn't</b> have disappeared
Mark <b>should've</b> at least sent me a text
Mark <b>should've</b> told me he needed space/wasn't interested
Mark <b>shouldn't</b> have been looking for a relationship if he wasn't ready for one.
Mark <b>shouldn't</b> have let me believe that he liked me
Mark <b>shouldn't</b> have led me on
Mark <b>should</b> be more emotionally available
Mark <b>should</b> be prioritising me in his schedule
Mark <b>shouldn't</b> be so busy if he wants a relationship
Mark <b>should</b> be more respectful
Mark <b>should</b> thinking about me
Mark <b>shouldn't</b> be starting a relationship right now if he doesn't want one.
Mark <b>should</b> be more of a man

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In **STEP 2** you're going to go back over your list and for each **should** or **shouldn't** statement you're going to ask yourself is it true? Can you know that this is what's real?

The key here is that we are dealing with **FACT ONLY**. Not what you think should happen, not what you consider right, or moral, or just, not something you want. **ONLY WHAT'S TRUE.**

#### STEP 2.

STORY	CAN I <u>KNOW</u> IT'S TRUE?	WHAT IS TRUE
Mark <b>should've</b> called	NO (he should do what he wants to do or can do and I can't know what that is.	He hasn't called.
Mark <b>shouldn't</b> have disappeared	NO (he's likely where he usually is)	He hasn't called.
Mark <b>should've</b> at least sent me a text	NO (same reason I can't know that he should've called.	He hasn't sent me a text.
Mark <b>should've</b> told me he needed space/wasn't interested.	NO. I can't know that he needs space, or that he's not interested	He hasn't called
Mark <b>shouldn't</b> have been looking for a relationship if he wasn't ready for one.	NO. I don't know that he hasn't called because he isn't ready, and if he isn't ready then he shouldn't be because no one can be what they're not.	He might or might not be ready for a relationship.
Mark <b>shouldn't</b> have told me that he liked me	NO. He did tell me so he should've told me. I can't know that he hasn't called because he doesn't like me.	Mark said he liked me.
Mark <b>shouldn't</b> have led me on.	NO. I can't know he led me on, because I don't know why he hasn't called.	Mark hasn't called.
Mark <b>should</b> be more emotionally available.	NO. If he isn't emotionally available then he cant make himself what he's not. And I can't know if he is or isn't. My definition of emotionally available	Mark is as available as he is.

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	may be different to his.	
Mark <b>should</b> be prioritising me in his life.	NO. I can't know how Mark should prioritize his life, that's his business. Maybe he's not aligned with me, for whatever reason, in which case why should he prioritize someone he's not aligned with? Would I??	Mark decides what to prioritise in his life.
Mark <b>should</b> be more honest about whether he wants a relationship or not.	NO. I can't know that he is or isn't being honest. He should be as honest as he is.	Mark hasn't called.
Mark <b>shouldn't</b> be so disrespectful.	NO. I can't know that what he's doing is coming from disrespect. He may have a personal crisis he's dealing with. He may have had his heart ripped to shreds and he's scared or he may feel uncomfortable telling me he's no longer interested. He may not know what he wants. None of which are about disrespect.	I don't know why he didn't call.
Mark <b>should</b> be thinking about me	NO. I can't know what Mark is thinking. Maybe he is, maybe he isn't. He should be thinking about he's thinking about.	Mark didn't call.
Mark <b>should</b> be more of man.	NO. I can't know that this about being a man or not. In fact this is quite typical of what men do when they need to pull away to decide, or get back into their masculine energy. This may well be exactly because Mark is a man.	Mark is a man. There is no or less measure.

Ok so you're getting the picture. Now I know a part of you is going to want to argue.... **"BUT he SHOULD CALL!!!"** But what's TRUE is that so far he hasn't. Anything else is just a story.

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### **AND ask yourself, how is you know that he should?**

Because you want him to? Well then, what's true is that you want him to do what he hasn't done.

### **But does that mean that he should...?**

Consider this. Maybe Mark sleeps with women and then disappears without a trace, never to be heard of again. Maybe he's deeply insecure deep down because his Mother was cold and distant, she beat him you see, told him he was worthless and he'd never amount to much. Now that he's grown up he's constantly seeking comfort in connection to the feminine. Only once he gets it he's subconsciously reminded of the pain he used to feel being rejected by his mother so as a protection mechanism he quickly loses interest and leaves.

### **NOW, should he call? AND do you even want him to?**

Hopefully not because you deserve more. Dating someone like Mark is a recipe for disaster, you DO NOT want the reality of living that story out. And before you think you can rescue him, think again. No you can't. You'll break your heart trying. Stick with the fact(s) and MOVE ON.

### **STEP 3.**

Now that you've put all the stories to inquiry and you've discovered that you can't know they are true, they're just your perceptions based on your old dusty past. Now you're going to call out the simple fact. And this and only this is the story that you will keep coming back to.

### **AND THE SIMPLE FACT IS THIS: Mark didn't call.**

And that's it; nothing more, nothing less. Now ask yourself, doesn't that feel better? Can you go on with your life having not gotten a phone call or text message that perhaps now you don't even want?

**Of course you can.**





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### STEP 3.

This is it, time for your new factual story about what happened. Keep bringing yourself back to this truth each time you find your mind wandering into the old stories.

### AND THE SIMPLE FACT IS THIS:

Remember, stories aren't real **AND** they cause pain and suffering. It's much kinder, safer, smarter and so much easier to just stick with the facts. And now that have the fact, you can let the rest go and get right back to being amazing.

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