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TELLING OURSELVES STORIES WORKSHEET EXAMPLE

	Old Story	Do a Check-In	New Story
The action I intend to take:	“Exclude him from future meetings”	“Jim, I noticed that during our all-team meeting yesterday that you were typing on your Phone in the middle of my presentation. The story I’m telling myself is you’re not supportive of my initiative, but I wanted to check in with you about that”	“In reality, Jim was so excited about my presentation he was enthusiastically emailing notes and ideas to his team with suggestions on how to line up support for the initiative”
The belief I adopt:	“He’s against me and I need to work around him”		
The conclusion I draw:	“He is not supportive of my initiative”		
I assume this means:	“He is not interested in what I have to say”		
I notice (<i>facts only</i>):	“Jim is typing on his Blackberry right in the middle of my presentation”		

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TELLING OURSELVES STORIES WORKSHEET EXAMPLE

	Old Story	Do a Check-In	New Story
The action I intend to take:	“Update my resume”	“Julia, I want to check in with you regarding our recent email exchange. I sent you a page-long email about the new procedures and you replied with a one-line response. The story I’m telling myself is that your one line response to my email was a way of telling me you’re upset with me, but I wanted to check in with you about that”	“Julia is actually highly confident in my management of this project. She was late for the airport, and since she trusts I am fully capable of handling next steps with minimal direction, she dashed off a one-line reply”
The belief I adopt is:	“I need to seek new employment”		
The conclusion I draw:	“My job is in jeopardy”		
I assume this means:	“My boss is unhappy with me”		
I notice (<i>facts only</i>):	“My boss sent me a one-line response to my page-long email”		