

The Truth About Our Stories

*"We mistake ourselves for our stories.
We have stories, but we are not our stories."
- Mark Matousek*

Our memories are the building blocks of Our Stories

It usually goes this way...

- First... an experience from our life becomes a memory.
- Then... we *preserve* the memory in a way that feels final.
- Until finally... the memory feels like "the Story of who we ARE."

Our Stories are the result of perspective

The memories Our Stories are built upon should be questioned.

Or rather, the *accuracy* of the memories Our Stories are built upon should be questioned.

The memories Our Stories are built upon should be questioning for all kinds of reasons. One reason being perspective.

***Perspective** (n.) - a particular attitude toward or way of regarding something; the way you look at things; a point of view*

The nature of remembering

Two people can live through the same event and remember it quite differently. This is because...

- They had different *filters* through which they perceived that same event.
- Their nervous systems, neural pathways, brains etc. do not work exactly and precisely the same as each other's.
- The experiences the two people go on to have in their lives *further* inform how they recall the event.
- Every time you visit the memory - when you're done with the memory - the brain rewrites the memory.
- The brain will update the memory - add things to it or take things out informed by how you *felt* as you were revisiting the memory.

Fun Fact

- The memories Our Stories are based upon are neither accurate nor permanent.

Not-So-Fun Fact

- We tell Our Stories *as though they are* accurate and permanent...
...even when those stories are not serving us!

RE-Storying is allowed

Fortunately, it is possible and 100% OK to RE-Story those Stories that are not serving us (the ones that have the experience of lack in them).

YES, what happened 'back then' is OVER and we cannot make what happened UNhappen.

But we CAN use our Core Human Powers

(*i.e. the power to imagine, clarify, choose, want, create, express*)

to RE-Story the stories that are not serving us...

...so that they are serving us!

RE-Story (v.) - *to look at the memories that inspired the disempowering stories you're telling yourself about yourself, but this time with **intention**... with **new information**... and with your **best interest** at heart*