

**T&T Script:
I Am Not My Stories**

I have stories. . . But I am not my stories

I knew myself as “my story” of my past
Me and my story felt one and the same.

I experienced myself AS my memories
Accumulated and storied into my personal history

But I am not my stories
I have stories
But I am not my stories

I can WORK WITH my stories
I can work with HOW I TELL my stories
I can SHIFT my stories

Because I am not my stories
I have stories
But I am not my stories

As I work with the memories that are
the building blocks of my stories
I tap

I tap to reduce stress
I tap to interrupt triggers
I tap to reach my subconscious
I tap to SHIFT
Feelings of LACK and struggle
I tap to introduce NEW ideas,
New choices, actions and relationships
I tap to receive more of what I want

I tap so that my stories
can support the whole of who I really am

Grab your wrist.

Take a deep breath in for a count of 4.

Exhale for a count of 4.

And Release your wrist.