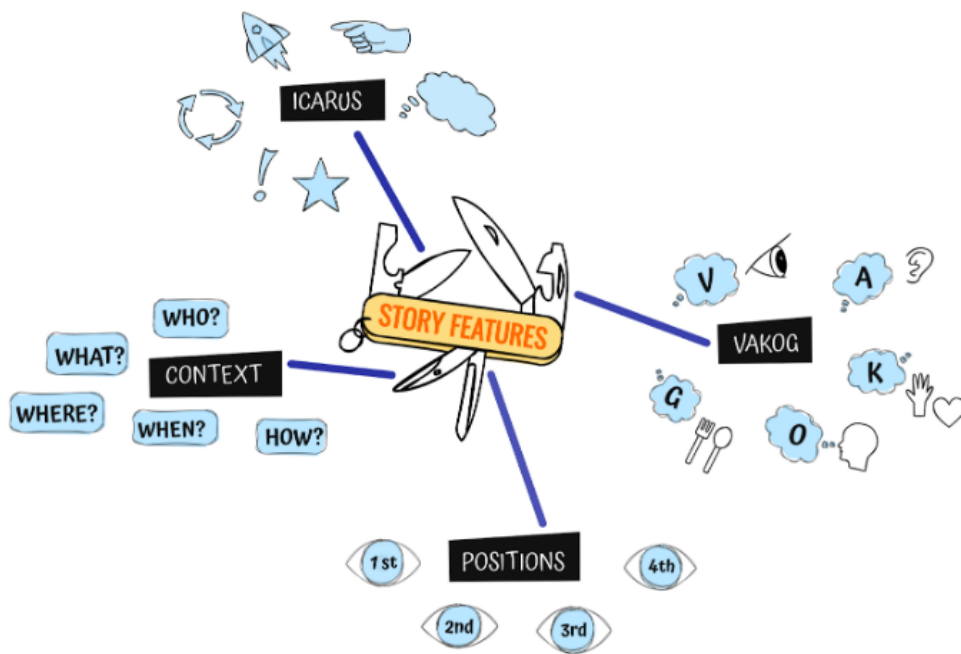


STORY FEATURES



Overview

All those past experiences from our lives - that exist now as memories - they are not who we ARE. Rather, they are something we HAVE.

And each one of those memories is an ecosystem with thousands of pieces of information - many of which we are unaware of. And impacting our life today in both positive and negative ways. Depending.

So we get investigative about it - we look at the nature of our mind and of our memories. And in investigating it, we get to find out that even though we may not be able to do one single thing about what transpired back then - because it's over and we have no ability to make what happened UNhappen - we do have the ability to heal the stories we're telling ourselves about what happened.

How?

We RE them. We RE-Story them. Which is 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.

That's how it starts. You take that kind of a look at the memories that create your stories. And then, through the use of our Core Human Powers - like the power to imagine, to differ, to clarify, to choose, to want, to create, to express - those kinds of powers - you change them.

We're allowed to change what's in our minds. We are. 100%.

Knowing that we DO have this ability - that we CAN use our powers to get our needs met within any of the stories/memories that we are carrying around with us - is a game changer.

And when we actually do what it takes to get the needs that were not met then, met NOW - right inside of ourselves, by ourselves - we are effectively re-storying the stories we tell ourselves about who we are and how the world is.

Like Tapping, Mapping, Chunking, our Core Human Needs and Powers, Story Features is a mighty tool.

Very much like a Swiss Army knife, Story Features is the ultimate *multi-tool*. Applicable to more or less any scenario at hand.

Once you know what they all are and how to use them, you can call on whichever feature you need. It might be VAKOG, or Perceptual Positions, or Context, or the ICARUS Framework. Being equipped with all of the Story Features gives you a great deal of versatility when working on memories.

We will go into each one of them - one at a time, but before we go there, let's first tap these understandings in...