



THE STORY OF YOU

Remember David Letterman's TOP TEN List? Let's write one for you. List the TOP TEN stories of your life.

Every story has its own set of thoughts. Each of those thoughts drive some emotion. For each story, write the most prevalent thought and the feeling it creates.

EVERY TIME YOU TELL THAT STORY, YOU REINFORCE ITS MESSAGE.

EXAMPLE: I left the church I was raised in at age 27 and was shunned by my family and friends.

THOUGHT: Love is dependent on doing what someone else wants you to do.

FEELING: Abandoned, tricked, angry, lonely

1. _____

a. Thought: _____

b. Feeling: _____

2. _____

a. Thought: _____

b. Feeling: _____

3. _____

a. Thought: _____

b. Feeling: _____

4. _____

a. Thought: _____

b. Feeling: _____

5. _____

a. Thought: _____

b. Feeling: _____



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6. _____

a. Thought: _____

b. Feeling: _____

7. _____

a. Thought: _____

b. Feeling: _____

8. _____

a. Thought: _____

b. Feeling: _____

9. _____

a. Thought: _____

b. Feeling: _____

10. _____

a. Thought: _____

b. Feeling: _____

What are the themes that show up repetitively?

1. _____

2. _____

3. _____