



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 43 Transcript: Rewrite Your Story

This week, we take a look at making the courageous choice to step beyond the old story we've believed about our life and choose to create a new story that leads to integration, purpose and resilience.

At the beginning of this program, we learned the Pause and Pivot method process. One of the key steps is becoming aware of the story we're making up about our experience through understanding the meanings we attach to it.

We are often unconscious of the fact that our lives are lived through the medium of story. When we consistently attach a similar meaning to what is happening, or not happening, in our lives we begin to craft a life narrative.

We create beliefs about life, about ourselves, about certain groups of people or particular experiences, from the conclusions we draw from these moments.

Some common life narratives include:

I'm not enough

Life is hard

It's not safe to be me

I will always fail

People will reject me

I'm just waiting for the other shoe to drop

I exist to make everyone else happy

Beliefs are powerful. What we think creates how we feel and how we feel determines the actions that we take. We easily get stuck in limiting, disempowering and self-fulfilling perspectives and quickly see things through the lens of the story of our lives.

The perspectives we choose have a significant impact on the outcomes we experience. But, we can always choose a new and different thought. We can change how we think about life and ourselves within it.



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For a long time, my life narrative was: “I go without”. I believed the story of my life was to persevere in the challenge of always pushing the boulder up the mountain, but never reaching the peak. I hoped for things, believed for things, risked for things only to be deeply disappointed when nothing materialized in my reality.

I tried to make sense of my story by attaching meaning to this experience. It must mean that I am like a desert mother, an ascetic, a deeply spiritual person who has a rich inner life and a barren outer existence. This story informed how I saw my identity and how I viewed my life through the lens of scarcity.

Restoring resilience involves re-writing these narratives we make up about ourselves that are holding us back from full living. Leaving my old story behind, and choosing to courageously create a new one, has been a process.

But, as I’ve become painfully aware, and brutally honest about the thoughts I believe about scarcity in my life, I’ve been able to create new patterns of thinking to evoke abundant living.

Some of what has changed is merely seeing things from a new perspective. But, more than anything, it’s been letting go of the victim identity and thinking thoughts, feeling feelings and taking action from a place of choice and self-agency. I decided to change the story of my life. And, I did.

Ok, I know what you’re thinking at this point. How do I break out of my old story? You literally catch your thought and redirect it. Catch the next one and redirect it. Utilize the pause that you’ve cultivated over these months and have a new thought. It’s truly that simple, but requires intentional focus and commitment.

Because we don’t always believe the new story completely, and it certainly doesn’t immediately feel true, it can be challenging to think in a new direction. One tool is to honor and welcome the old thought, without judging it as wrong because it likely still feels pretty true. Maybe it’s right, maybe it isn’t.



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And then get curious about a new possibility. When I've practiced this, I would catch the old story thought, pause, and think, "well, that's one perspective. What's another perspective?" And consider my new story.

Old feelings trigger old thought patterns. The feeling doesn't need to change. Allow the emotion to move through, and then change your thought. It's the meaning we attach to our interpretation of the experience that determines our reality. What you'll notice is when you make that change, you'll begin to experience new emotions in response to the new story that you are constructing.

Making the choice to release our old, familiar, yet limiting stories and venture into the unknown possibility of something new is daring. But, I wholeheartedly believe that you are ready to courageously cross this edge into the life you were created to live. Be sure to download the action guide to support this process and share what you are learning on our group page.