

FACT VS. STORY

Step 1 Define a recurring issue that you are willing to shift

Step 2 Write down all of the facts related to the issue

Step 3 Write down all of the stories you have about the facts

Step 4 Look for examples of how the opposite of each of your stories is at least as true

The issue is _____

Facts

What a video camera records

Stories

What you make up about the facts