

# UNLOCKING SELF SABOTAGE





When we deny our stories, they define us. When we own our stories, we get to write a brave new ending.

*Brene Brown*





*Exercise:*

Bring to mind a martyr you know...

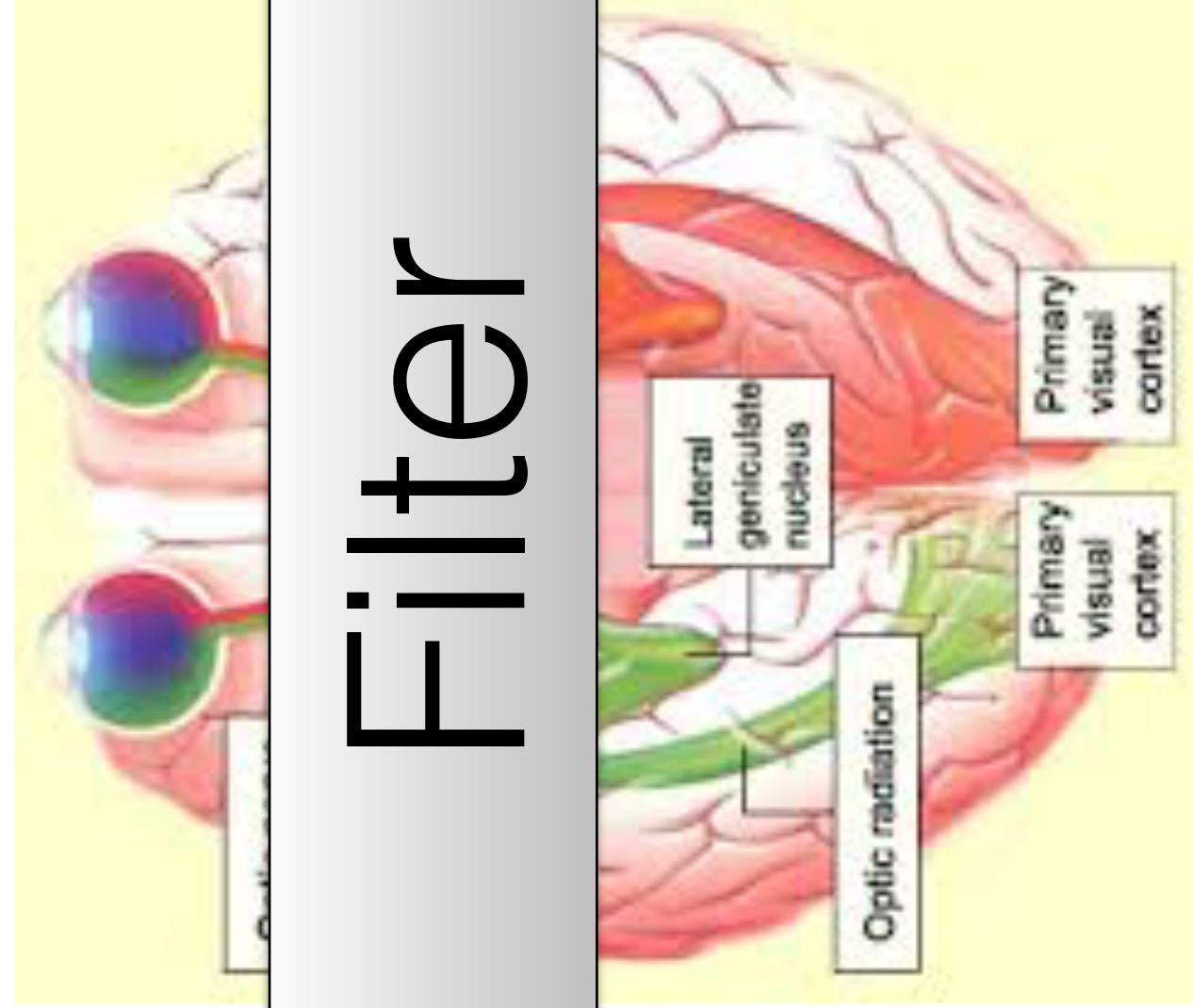
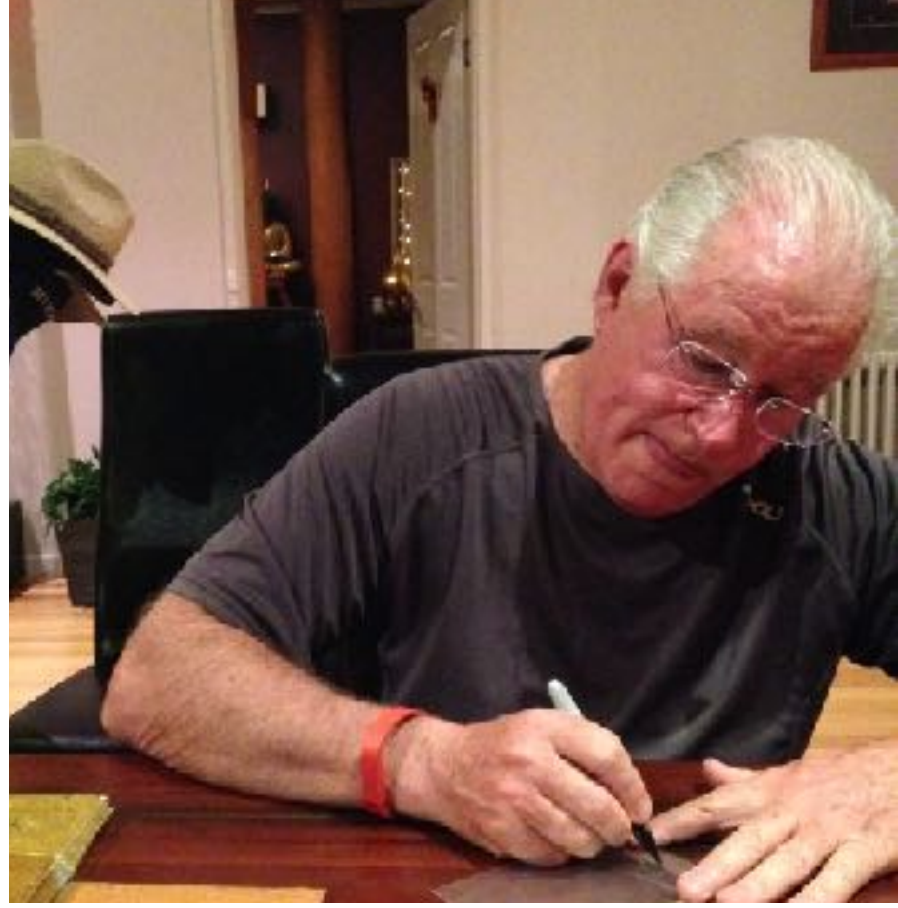
- Describe them and their beliefs.
- What does the Martyr need to do?
- Why do you think they are not doing what you just described? (What's the payoff for not changing?)

*Imagine we are in the same room...*



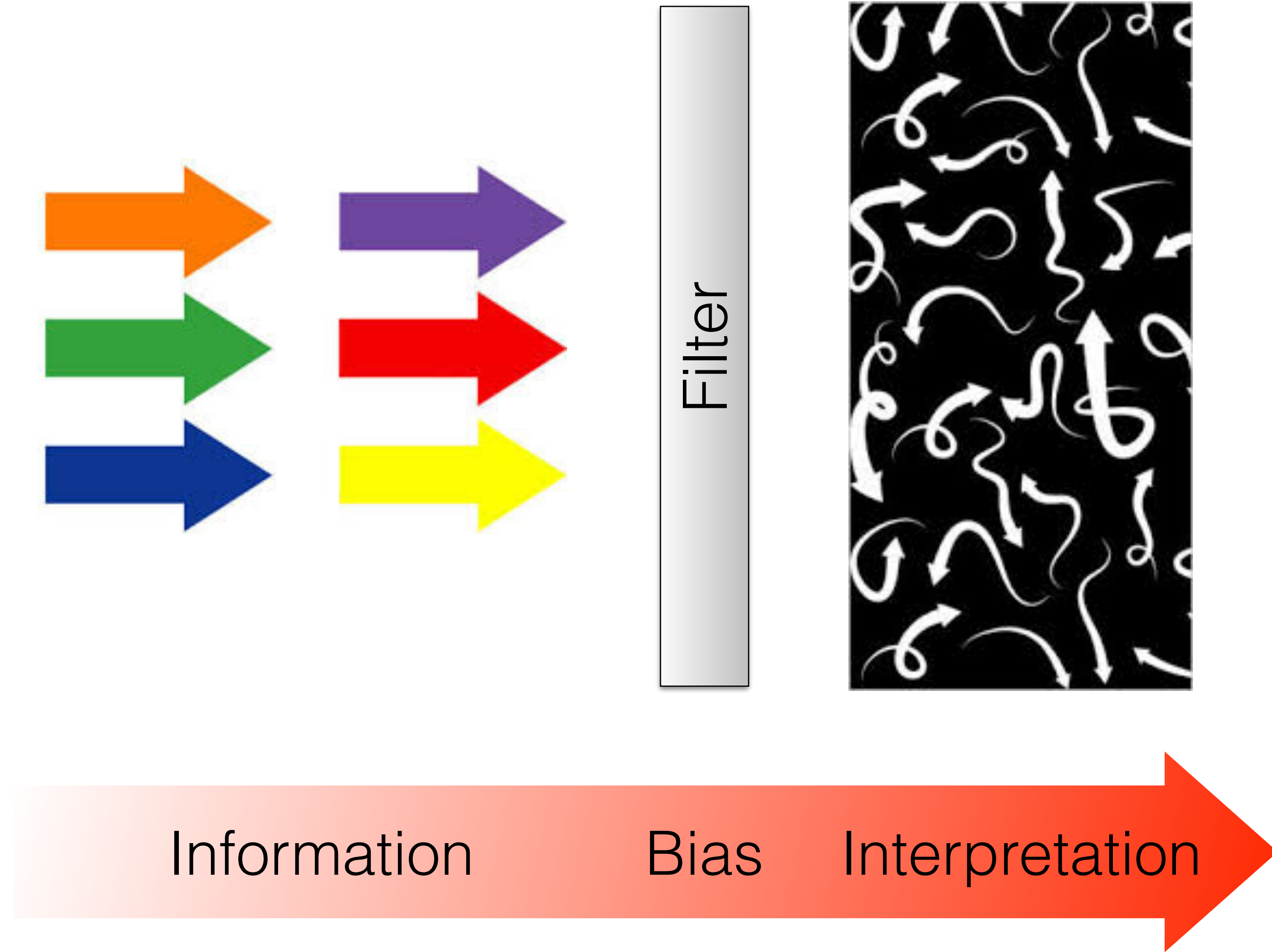
Point at Paul.  
Where is he?  
How do you know?

# WHATS YOUR STORY?

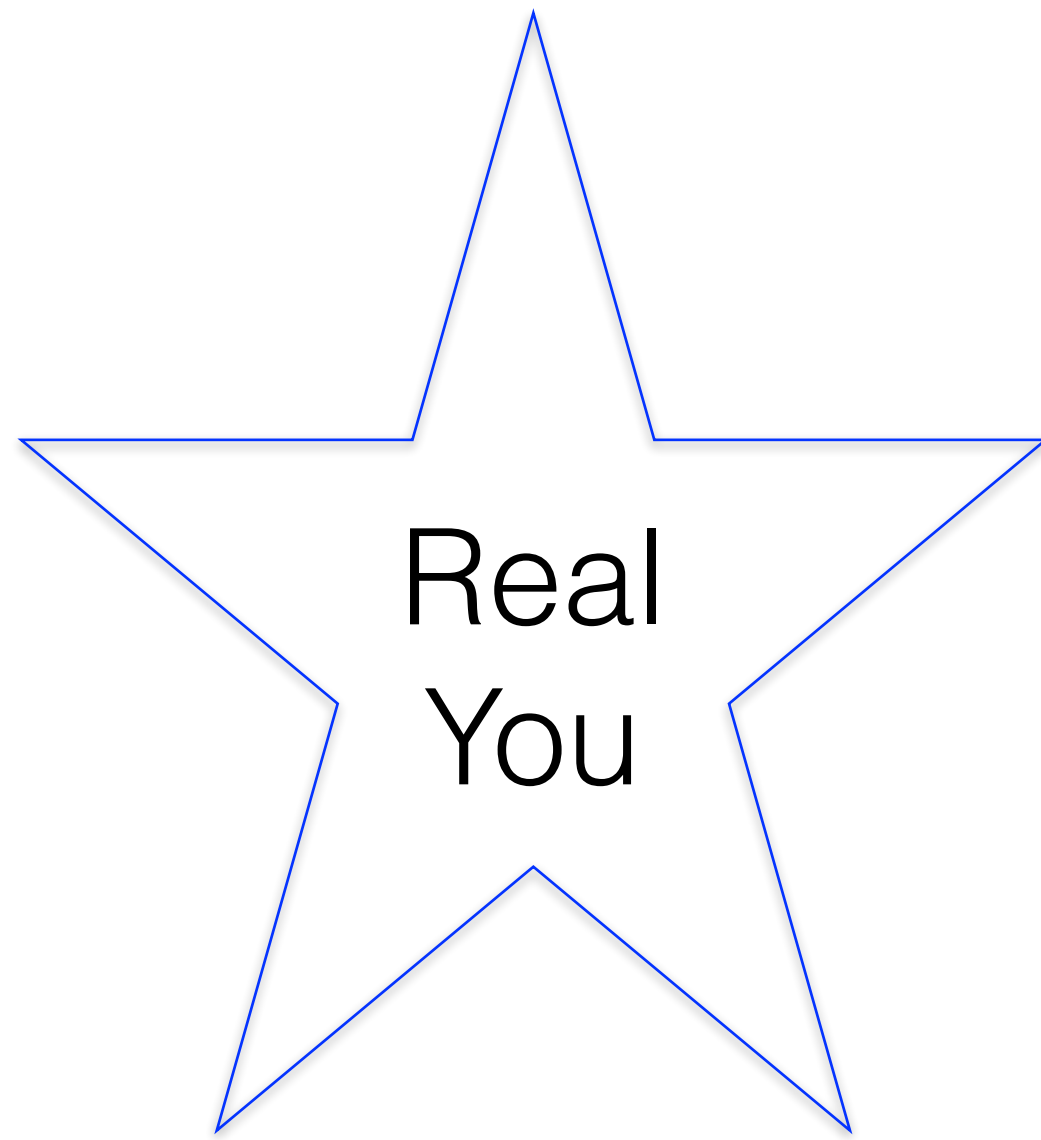




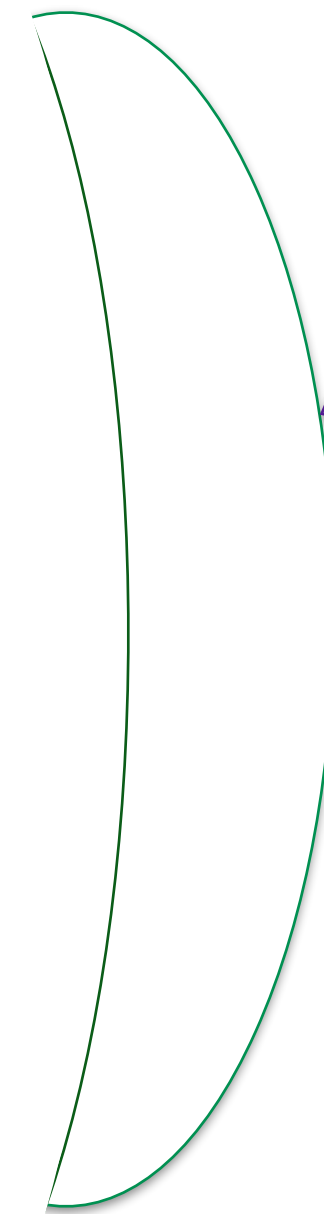
# WHATS YOUR STORY?



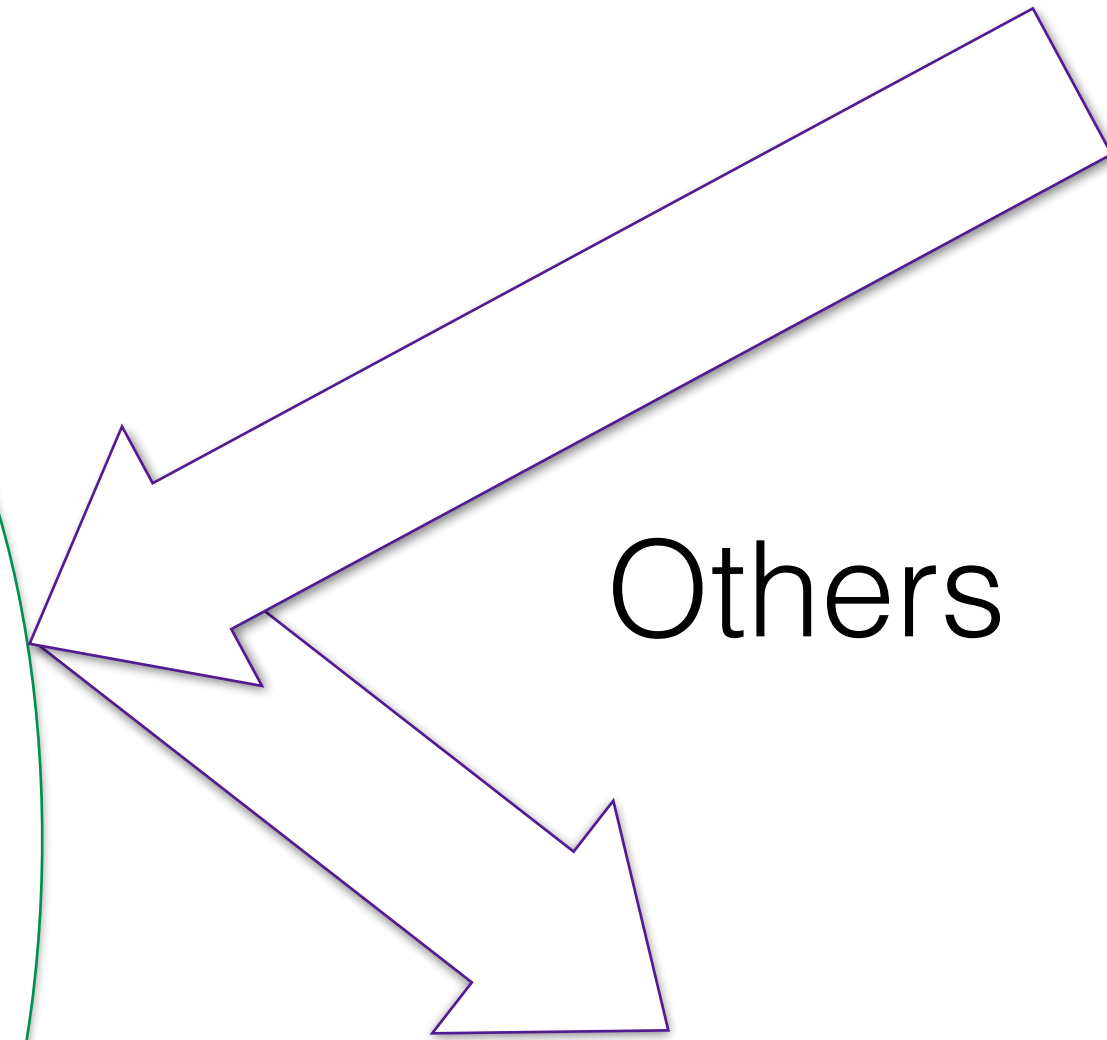
# WHATS YOUR STORY?



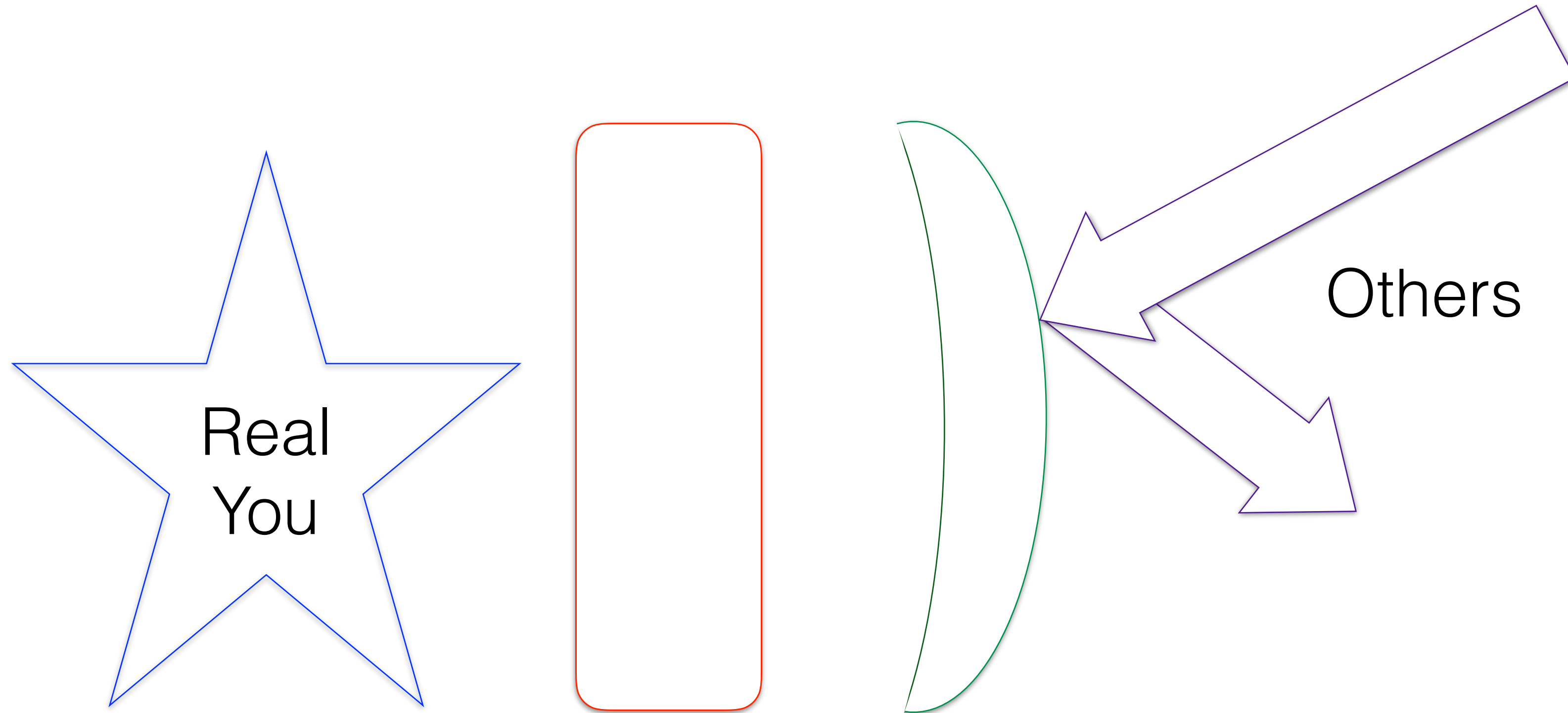
Story  
(Beliefs)



Personality  
(Protection)



# WHATS YOUR STORY?

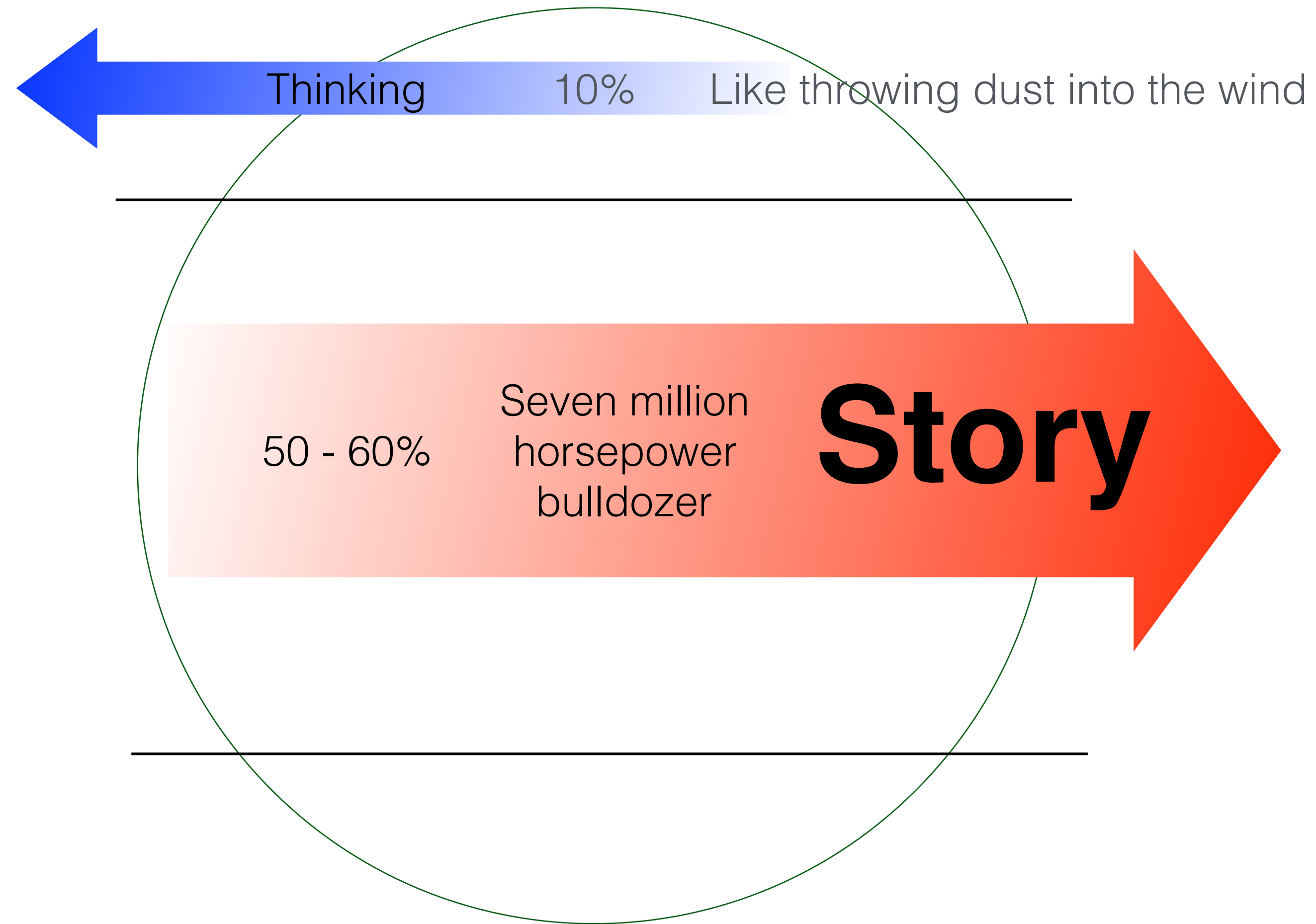


Compulsions  
(Beliefs)

Rationalisations  
(Justifications)



# WHATS YOUR STORY?



# When Was Your Story Invented?



1928



1955



1965



1983



1997



2007



## Here's A Partial List...

- Commander
- Foot soldier
- Princess
- Hero
- Battler
- Clown
- Us Vs Them
- Loner
- Worker bee
- Martyr
- Smart arse
- Snob
- Preacher
- Avoider
- Peace maker
- Rebel
- Victim
- Persecutor
- Know all
- Boss

# Dumping your story is the biggest breakthrough you will ever have.

*Exercise:*

- Explain your story(s).
- What's the story about the story?



# The Process

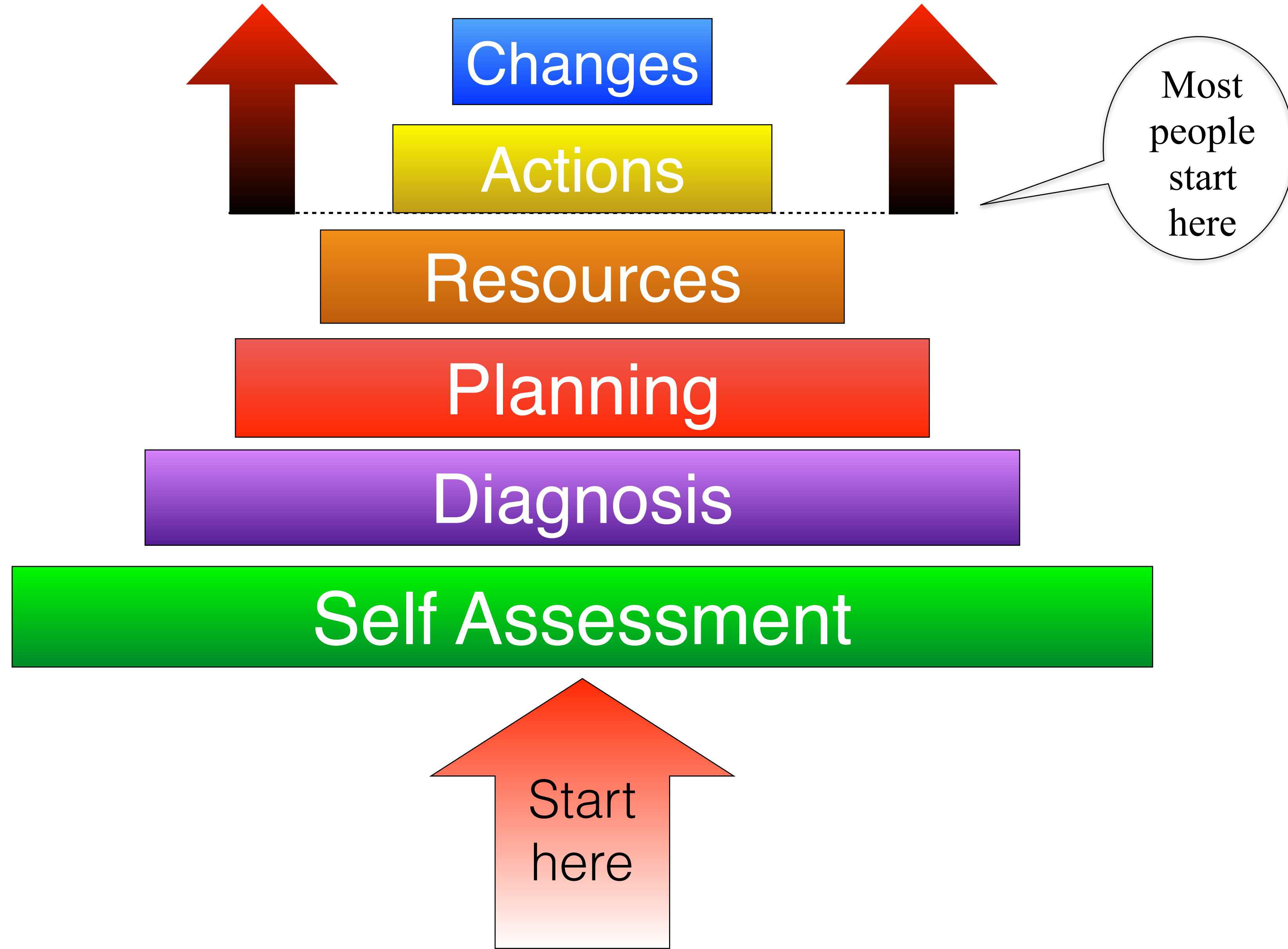
- Step into the story.
- How does it give your life meaning?
- What is that meaning?
- Is it working?
- What would be better?
- What do you need to do?  
(what changes do you want to make)
- What are you committing to?
- Who is your accountability buddy?

## Maintaining Your Story

Most people go *“unconscious”* on their story and fail to see it because they aren't looking.



DUMPING YOUR STORY



# Developing Awareness

Meditation

(prayer)

Mindfulness

Introspection

Solitude

Stillness

Stimulation

# Assignments

<b>1</b>	Last session I recommended you find out What Your Story is... This session I'm assigning you the task of finding out what the story behind the story is.
<b>2</b>	Use the technique described in this session to "process" the story. (you may have to do this two or three times)
<b>3</b>	Undertake a task(s) in an area that your story would previously made impossible.