

Are you living in your STORY?



I've worked with many people over the years and have discovered some common denominators. One that I find the most fascinating is that we create stories and we live in them just like living out a script. The stories I'm talking about are typically designed to guard and reinforce our own negative feelings and beliefs. Let me explain. As we go through life, we adopt beliefs and we come to accept realities as a result of things that happen to us. Then our mind translates and stores the data of the outcome of those situations. Basically, our stories are the opposite of our dreams and the stories give us a reason to stop hoping for the things we want.

Here's an example: Let's say Fred is a single man who has been married and divorced and has had a few serious relationships that have all failed. Fred has been treated badly by the women he has been involved with so, over time, Fred's mental/emotional database has become filled with evidence that "all women treat men badly". Eventually, Fred's mind builds a story, supported by his own historical facts, that "All women are selfish, angry, bitter and controlling. He may even add (lies in his filter) to his story some of his own feelings like, "I'll never find the right woman, I'll never be loved."

Do you remember the little cartoons when we were kids that had the devil on one shoulder and an angel on the other? Those characters represented the internal struggle that we all face. Well, I call my little devil "the Attorney". My Attorney builds the case that supports the stories I live in! My attorney has this legal library full of my personal historical data and that data PROVES my "story" is true.

Let's think about what Fred's story might be. Fred has decided that all women have "problems". Inside, he has no trust in women because he has been hurt so badly. Even though Fred may have forgiven those who hurt him, he determines that should never trust a woman again. His relationships become superficial and create a cycle in his life that reinforces his "story". He determines, that he's safer and certainly in more control if he doesn't go into deep relationships because they won't work out anyway. So Fred dates a lot of women and is soon

known as a player. He puts on a great front because after all, this is just the way life is since there are no quality women left.

Now don't roll your eyes at Fred for being stupid because he does have an attorney who can present the evidence. Fred's law library is filled with names, dates and times that could stand up in court! So Fred makes the best of a life without commitment, love or trust. And Fred is Happy! 🙄

So what areas of your life are story's you've written for yourself? Could it be that you'll never be promoted? Perhaps you'll never have a family? You'll never get out of debt? Your ex will never treat you fairly? You'll never find true love? You'll never own a home? Your children will never outgrow a crisis they are in? You'll never be respected? Your marriage will never be a happy marriage? Your spouse will never change or understand you. I have clients who come to see me weekly for private coaching and over the years and I have heard all the stories I just listed and more. Great and intelligent people living in their story, their attorney could prove it and that is that!

"Stories" are similar to having "lies in your filter". (See the article "Do You Have Lies in your Filter") but the difference is, that most of the time, lies in your filter lies are based on "feelings" of emotional inadequacy while your "Stories" are based on facts! It is highly improbable that you have NO stories so think about what stories you may have written in your life.

Here's a way you can test something that you believe to see if it's a story..... Ask yourself "Do you already know the ending"? If you believe that you'll never find love and you can prove it, then it's a story. If you believe that your wife or husband will never love you like you want to be loved, you're in a story. If you believe that you'll never get out of debt or be recognized for your hard work, you're living in a story. If you think the worst struggle you face in your life will never end, that is a story. Even if you have proof! Anytime you can predetermine the outcome and even prove it, then you, my friend, are living in your story!

Read my article "A Fairytale in Progress" and see if you can find the story I was living in when I met my husband John. I wasn't suffering, depressed or angry but I was living in a story that "the attorney" could prove in a court of law! My story was that marriage doesn't work because our culture has made it ok for spouses to give up when times are hard. I believed and had proof that people don't want to do the tough times in order to get to the great times. I even had proof that most of the couples who *did* stay married had merely become the walking dead who long ago gave up on purpose and passion. I had evidence that marriage made people weak, selfish and whiney! It was true and I could prove it not only with my own history but with friends, family, clients and our national divorce rate! If marriage became a focus for someone I was dating, then I would end the relationship. Love that led to marriage was strictly off limits for me.

So how do you get out of Stories? You won't like this answer but you only get out of stories when you live by Faith and honesty. You have to face those stories head on, and then replace them with Faith that your dreams CAN happen. Take your dreams back and live the truth! Sounds easy huh? It isn't. Our minds have a way of replacing stories without our even knowing it sometimes. "Stories" come when we live our lives by the evidence of our failures and not the dreams or purpose of our future. The Bible says that all things are possible if you love God and serve HIS purpose. So do you believe that God can remedy the failures of your past with a bright future?

What are your stories? What are some stories that your kids might have? You're spouse? You're ex? The only way to get rid of stories is to recognize that they are there.

Send me some of your stories by clicking on "comments" below.