



# Paradigm Transformation

By Amy Hale

## Journal Exercise 2 - The Mysterious Story of You

Like a fingerprint, each of us has a unique story. It helps distinguish who we are from another person. Every person, event, situation that we experience, deeply touches and plants itself into our psyche - becoming part of our identity. Our perceptions and conclusions about the people, events and situation color our lives creating our personal story line.

It is vital for you to understand that your story is not “bad.” It is limiting. Your drama limits you to a very small portion of your humanity - not allowing you to access your entire self. As soon as you recognize your story and its pieces, make peace with it and take from it the learnings, you can step out of the overwhelming limiting thoughts and move into the fulfillment of your wonderful dreams.

Our stories are the accumulation of all the feelings, beliefs, and determinations we have made throughout our entire lives. We all have used phrases (at least to ourselves) “If I had only..., if that person had only..., should have..., would have..., could have.... Our dramas live in the memory of the past and the fantasy of the future. Our fantasies about “when I finally make \$200,000..., when I lose 50 pounds...,” or another variation are all living inside our stories. We take our stories very seriously because we think they are the truth.

When these beliefs about ourselves are triggered, they reinforce our stories. Every thought we think triggers an emotion in our bodies. To help motivate us to keep going with this process, we need to understand that our negative internal dialogue is like psychic indigestion. Until we metabolize all the unconscious thoughts being held in our bodies, we will continue to live in the discomfort of them. We will continue to self-sabotage our lives and let others sabotage our lives.

## Healing Steps

1. Review your story. Add more events, people and emotions into it. Allow yourself to be completely candid about your failures, losses disappointments, and regrets as well as your hopes, desires and dreams. Bring out the thoughts, feelings and beliefs that live inside your story.
2. Read your story again. Can you pick out a particular theme? Use the “**Possible Themes to Your Story**” handout to help you. Is there an underlying pattern? As you reflect on each significant event, ask yourself, “What did I make that mean about me?”
3. Dedicate a few pages in your journal to write down your repetitive internal dialogue. Refrain from judging the conversation with yourself.

## CONTEMPLATION

“The deeper truth is that I have a story, but I am not my story.”