PERCEPTION PRINCIPLE

The story that we put around events in life can help us or hurt us. What are some stories you are telling yourself or others that are not supportive? Then after you reframe the story what new story can you say about that same event?

Old Story: _____

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Reframed Story: _____

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Old Story: _____

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Reframed Story: _____

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Events in our lives creates the stories we tell.