

Moving Beyond The Stories

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Relationship Stories

What stories, mindsets, or beliefs about relationships are you holding onto that might actually be holding you back? Fill in the information below. **Note:** The next handout will help you recognize and move through these patterns so you can create healthier, more fulfilling connections.

Relationships are

My Partner or Loved One is

If this person would just _____, everything would be easier

If I would just _____, everything would be easier

What other stories and mindsets do I have about my loved one and/or myself that I can unwind and have movement with?

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Stories unwind themselves when we SEE that they are false. We don't need to do anything other than see them as a lie. Practice unwinding your relationship stories with this practice.

A story is anything you believe is true. If you believe it, it is a story and is inherently false because we will never see the entire picture. It could be partially true but is never fully true.

A story is anything that follows: Because, Should/nt, Have To, Must, Need, etc.

A story is also a statement: "He is mean to me"

Step One:

What is my story? _____

Ask yourself: "Do I know this to be certain? Y/N _____"

StepTwo:

Is there something that could be just as true or more true than my story?

StepThree:

Find 5 examples of things that could be just as true or more true than your story:

- _____
- _____
- _____
- _____
- _____