

Get Your Story Straight

Sort out your thoughts—get the story straight in your mind by answering the following questions as honestly as you can.

What happened? Be as specific and objective as possible. Include what you said and did without justifying it.

How did it make you feel?

What was it that made you feel that way?

What other stories could you tell that would also explain the situation?

Ask Nancy for help with
help@nancyradford.com
07980 920 078



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Mediation & Coaching

Check Your Story

Before taking action based on our story of events, we need to check the accuracy of our story.

Facts

How objective am I?
What are the facts?

View of self

What am I saying about myself? Is it true?

View of other

Is this story helping or harming my relationship?

Aims/Goals

Am I clear about what I want and expect?

Does my story help me to achieve what I want?

Does it make me feel better?

Does it improve the situation?

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