



<p>1. Describe a time or a scenario where you don't feel or behave the way you associate with being the best version of yourself (or as close to that as you identify). It could be a time you associate with:</p> <ol style="list-style-type: none"> 1. Feeling anxious, nervous, apprehensive, disappointed etc OR 2. Feeling angry, irritated, annoyed etc <ul style="list-style-type: none"> • Describe the scenario, the feelings and behaviours in as much detail as possible. 	
<p>2. Define the best version of yourself. Know who you are and who you want to be, unapologetically.</p> <ul style="list-style-type: none"> • How would you like to have felt or behaved in that scenario? 	
<p>3. Understand that your thoughts are made up of facts and stories and that your brain draws on both when assessing the potential for social pain.</p>	
<p>4. Learn to recognise the limiting stories you're telling yourself, the stories that move you away from being the best version of yourself.</p> <ul style="list-style-type: none"> • What stories are you telling yourself about yourself or others? Do this by recognising the physical symptoms we associate with fight flight freeze and work back from there. • What were the physical symptoms you associate with the scenario? 	
<p>5. Check the expectations you have of yourself and of others:</p> <ol style="list-style-type: none"> 1. "What evidence do I have to support these expectations?" 2. "Are these expectations helping me?" 3. "Is there a better set of expectations?" <ul style="list-style-type: none"> • What were your expectations of yourself or others in the scenario? • Then ask yourself the three questions above. 	
<p>6. Check your stories by asking yourself three helpful questions:</p> <ol style="list-style-type: none"> 1. "What evidence do I have that my story is based on facts?" 2. "How is this story helping me?" 3. "Is it possible to think of a better story?" <ul style="list-style-type: none"> • What stories were you telling yourself? • Then ask yourself the three questions above. • By changing your stories can you imagine yourself responding the way you described in number 2? 	



How our thoughts influence our feelings and behaviours

Ideally this represents the best version of yourself



Thoughts = Facts + Stories

Constantly vigilant to the potential for physical and **social pain** – embarrassment, humiliation, judgement and rejection. **Social pain** is understood by your brain to be **as life threatening as physical pain**.

- Stories are **assumptions** about the facts.
- Stories often draw on our **values, needs, beliefs, strengths** and **past experiences**, rather than facts.
- Stories are often **automatic** and **unconscious** assessments of **performance** against **expectations**, and often go unchecked against facts and evidence.

How our stories influence our expectations

How we and others need to behave to avoid **social pain**.

