

# The Story You Tell

"You are not the things that happened to you. You are the story you tell about them."

## The Concept

We all have a "Core Story." It is the script we read from when we meet new people, when we face a challenge, or when we fail.

"I'm just unlucky." "People always leave me." "I'm too damaged to be loved."

This story is not a fact. It is a filter. And as long as you believe it, you will subconsciously sabotage anything that contradicts it.

## Deep Reflection: Becoming the Editor

You cannot change the events of the past. But you can change the genre of the story.

### The Tragedy

"I went through hell and it broke me. Now I am a shell of who I was."

Theme: Loss & Defeat

### The Hero's Journey

"I went through hell and it forged me. Now I have strength others don't understand."

Theme: Resilience & Wisdom

## The Turning Point: Rewrite the Script

The Old Story

Write down the limiting belief you repeat to yourself. (e.g., "I am unlovable.")

The Evidence Against It

List 3 facts that prove the old story is a lie. (e.g., "My sister loves me," "I am good at my job," "I survived.")

The New Story

Write a new one-sentence truth. (e.g., "I have been hurt, but I am open to love.")

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