

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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