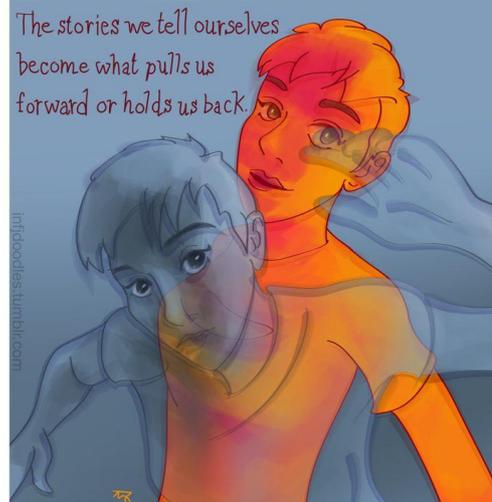


JBB 'Warrior'

Telling Yourself 'Stories.'

Student name;

Training venue;



Explanation

This could be a challenging subject to understand so I need you to really think clearly and carefully about it. If you make the effort to understand what I am explaining it could really make your life happier and more successful.

Once you understand, you will need to practice using the information if you think it will help you to enjoy life more and be a relaxed person. So, here goes.

Everyone in the whole World, tells themselves stories about what actually happens in their life.

If you send your friend a message and they don't reply, you choose which story to make up so that your brain can understand what's happening.

IMPORTANT

This is normal, it is what we do to help us understand what could be going on. What many people do not understand is that we can choose what story to tell ourselves. Let me explain.

You send a message but your friend (George) doesn't reply. You could choose this story;

"I expect George is doing something far more interesting than replying to me. He is probably texting all his other friends but I'm not important enough for him to reply to. I thought we were mates but obviously not."

Or you tell yourself this story;

"I expect George is busy. He usually replies quite quickly if he can. Not to worry, I'm sure he will get back to me when he has a moment. After all, we are good mates."

One of these stories may be true or the truth could be completely different to both of them. We may never find out if George was busy or not. It doesn't

matter because the truth is the truth and, when we know it, we can deal with it. The ONLY thing that matters before you know the truth is, Does the story YOU made up, make YOU feel good or not so good?

I absolutely promise you that we ALL make up stories (or fill in the gaps between the facts that we do know) so that we can organise information in our brains. This is SUCH a simple thing to do that will help you to have more happy times and fewer unhappy times.

Sometimes, when I have explained this to people they ask; "But what if the story I make up is wrong?"

My answer is this;

The story you make up will almost certainly not be 100% correct because, after all, you made it up. Whatever you make up (happy or sad, negative or positive) may be incorrect but, it can help you to be more happy or less happy.

Myself, I would rather be happy and incorrect than be sad and incorrect, especially if I never get to find out what is correct. You never know, I may end up being happy or sad because of my 'made up' story, for a long time.

Action

This could be a very challenging task so I will give you the whole three months between gradings to work on it.

In the space below tell me about some of the times you could have told yourself a story that left you feeling; sad, angry or irritated but, instead, you told yourself a story that left you feeling; calm, relaxed, happy and maybe even smiling.

Its SIMPLE to do but not always easy. Practice makes perfect though.

Good luck and keep at it even if you find it difficult to begin with.