



Stick to the Facts to Get More Done Exercise

Pick an important work aspect or project that's currently frustrating or disappointing you.				
Work backwards through the process of mistaking our stories for facts. Fill the boxes in from right to left to retrace your process. Start with number one.				
5) What is the information you actually received? What did you hear or observe? Be as objective as possible.	4) What's your interpretation (story) about the situation?	3) What is the primary emotion you have about this? And, why?	2) How is this like situations you've experienced before? What thoughts and feelings about similar situations have you had before?	1) What are you currently doing and saying about the situation to yourself and others?
Notice how your responses line up with the process of mistaking our stories for facts. Read your process from left to right now to see how our brains help us seemingly validate and embed stories as information that appears factual.				
<i>Take in information</i>	<i>Create a story</i>	<i>Have an emotional response</i>	<i>Embed thought/feeling pattern</i>	<i>Say/do something we feel is justified</i>
1. Pause.				
2. Take a few breaths. What changes to you notice physically in your body?				
3. Check for accuracy and alternatives. How might your interpretation possibly be wrong? What other possible interpretations are there?				
4. Describe objectively for yourself what you saw and heard.				
5. Ask yourself: What might there be to do? Be sure to ask more than tell.				