

# The Stories We Tell Ourselves

---

<https://gregglevoy.com/index.html>

**What is a story your character tells themselves?**

**What event spawned the story?**

**How does the story make your character feel?**

**What are the consequences of their belief in the story?**

**Is the story true? Is there any evidence that either validates or invalidates their story?**

**How does your character learn to reframe the story?**