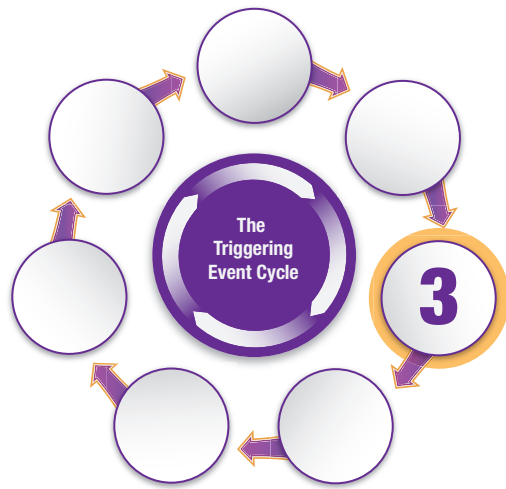


STEP 3: SHIFT YOUR STORY AND CHANGE YOUR REACTION



Directions: Review the example below to understand how the story we create at Step 3 impacts the rest of The Cycle: our emotions, thoughts, and reactions.

<p>Situation (Step 1): When you express your concerns about the impact of a pending decision, your supervisor says, "Don't worry. That won't happen."</p>	
<p>Step 3: If you create this story...</p> <p>My supervisor is out of touch and doesn't value me or my input...</p>	<p>Step 4: What emotions and negative thoughts might result?</p> <p><u>Thoughts:</u> He doesn't appreciate me! Why do I invest so much of myself here? Maybe I should look for another position....</p> <p><u>Feelings:</u> Anger, resentment</p>
<p>Step 6: Given your story and the resulting feelings, what (less productive) reaction do you initially consider/do?</p> <p>Sulking; withdrawing energetically; not participating in further conversations; I will sit back and watch as they fail</p>	
<p>If at Step 3 you shift your interpretation to.....</p> <p>My supervisor may not have all of the same data I have.</p>	<p>What emotions and thoughts might result at Step 4?</p> <p><u>Feelings:</u> Hopeful, willing to stay engaged</p> <p><u>Thoughts:</u> Maybe if I share the facts I have, he will understand more of my perspective.</p>
<p>Step 6: Given your story and the resulting feelings, what (more productive) reaction might you now consider?</p> <p>Offer to share some additional data and context; Ask to continue the conversation in the near future; Continue to research and gather more information</p>	

Use the same prompts to explore the impact of shifting your story at Step 3:

Situation (Step 1):

Write about a recent difficult work situation.



**Step 3:
What was the story you created:**



**Step 4:
What were your triggered emotions?
Negative thoughts?**



Feelings:

Negative thoughts:

**Step 6: Given your story and the resulting feelings,
what (less productive) reactions did you initially consider?**



If you shift your interpretation to...



What emotions and thoughts might result?



Feelings:

Thoughts:

Step 6: Given your revised story and the resulting feelings, what (more productive) reactions might you now consider?

