



UnStuck
Your
Story

Mini Workbook
by

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Step 1-Naming the Problem Story

WHAT IS THE STORY?

WHAT DOES THE STORY SAY ABOUT...

YOU?

WHAT 'SHOULD' BE HAPPENING?

OTHERS AND/OR THE WORLD?

WHAT IS THE HEADLINE?

IF YOU WERE TO PERSONFIY THE STORY, WHAT NAME
WOULD YOU GIVE IT?

Step 2—Identifying Your Relationship with the Problem Story

(Adapted from Re-telling the Stories of Our Lives, by David Denborough)

How has the Problem Story been treating you?

The Story has been (circle all that apply):

- Consuming me
- Playing tricks on me
- Bullying me
- Sabotaging me
- Disempowering me
- Belittling me
- Disregarding me
- Forgetting or ignoring me
- Making me invisible
- Following me
- Haunting me
- Pestering me
- Confusing me/Lying to me
- Commanding me
- Controlling me
- Cheating me
- Dominating my life/work /relationships
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HOW HAS THIS EFFECTED YOU?

HOW HAS THIS EFFECTED OTHER AREAS OF YOUR LIFE (I.E. RELATIONSHIPS, WORK, PARENTING, LOVE)?

Step 3—Changing Your Relationship to the Problem Story

There are many ways that you can change your relationship to the problem story in order to lessen its influence in your life.

Would you like to (circle all that apply):

- Walk out on the problem
- Eclipse the problem
- Dispel the problem
- Go on strike against it
- Defy its requirements
- Disempower the problem
- Reject the problem's influence
- Educate the problem
- Escape or free your life from it
- Recover/reclaim your life from the problem
- Undermine the problem
- Decline or refuse invitations to cooperate with the problem
- Depart the problem's sphere
- Come out of the shadow cast by the problem
- Disprove what it says about you
- Reduce its grip on your life
- Repossess your life from it
- Take your life out of its hands
- Quit working for the problem
- Salvage your life from it
- Steal your life back from it
- Tame the problem
- Evolve the problem
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WHAT DO YOU WANT YOUR NEW STANCE/RELATIONSHIP WITH THE PROBLEM STORY TO BE?

Step 4—Preferred Values and Intentions

What does this Story being a problem in your life tell you about what you most value, cherish, or long for?

- Authenticity
- Achievement
- Adventure
- Autonomy
- Balance
- Beauty
- Compassion
- Challenge
- Clarity
- Community
- Competency
- Connection
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Friendship
- Fun
- Growth
- Happiness
- Harmony
- Honesty
- Humor
- Influence
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Peace
- Pleasure
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Truth
- Wealth
- Welbeing
- Wisdom

What preferred intentions or commitments does this new relationship to the Problem Story embody? (i.e., the intention to allow differences, a commitment to self-care, the intention to be curious, etc.)

Re-Authoring Summary Statement

What is the Problem Story?

What has been the relationship between you and the Story?

How has this impacted you and your life?

What is your new stance/relationship with the story?

What preferred values and intentions will you use to support you in this shift?

What is one action you will take to start lessening the influence of the Problem Story?

Congratulations!

You just took the first steps to
UnStuck Your Story!

If you would like to continue with the
re-authoring process, [CLICK HERE](#) to
check out my
One-on-One
UnStuck Your Story Program
where we:

- Further dive into your Problem Story together to Deconstruct it and Debunk it
- Re-wire the Instant Emotional Reactivity that gets Triggered by the Story
- Re-Author a New Story that Opens your Life & Relationships to New Possibilities
- Shift you into the Embodiment of your New Story