

FACT VS. STORY

- Step 1** Define a recurring issue that you are willing to shift
- Step 2** Write down all of the facts related to the issue
- Step 3** Write down all of the stories you have about the facts
- Step 4** Look for examples of how the opposite of each of your stories is at least as true

The issue is

Facts

What a video camera records

Stories

What you make up about the facts