

## Take Charge of Your Story

# Leveraging 3VQ\* to Understand Our Own Narratives

### Our Objectives: Purpose and Importance

- 1.) Explore our key life stories and narratives through the lens of 3VQ\* to raise our consciousness and deepen our awareness of how we are showing up to our life story.
  - Are our narratives helping us live true to the person we aim to be, now and for the future?
  - Are we taking charge of our story and creating the life we truly want to live?
- 2.) Use our own stories as a catalyst for change because they inform us, not define us.

### Stories, Narratives, and Identity

- Our **Stories** refer to specific instances in our life.
- Our **Narratives** are broader patterns, themes, and beliefs that are formed from our stories.
- Our **Identity**, what we believe, to whom we belong, how we behave, and who we become are profoundly shaped by our stories and the larger narrative in which we live.

### Exercise #1: What's the Story Behind Your Story

Tell a memorable story of when you were triggered into **The DDT**. Use these questions to tell your story:

- What role(s) did you play (Victim-Persecutor-Rescuer)?
- What was the commitment behind the complaint? Why did you get triggered?
- What narrative beliefs or past stories do you think drove your behavior?
- Go to the balcony. What impact does your narrative have on the collective and those around you?
- Is there any aspect of this narrative that has helped you in life?
- How does this narrative support who you want to be and how you want to show up in your life now and in the future?



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### Exercise #2: Upgrading Your Narratives

Use your previous DDT story or tell another story of a time when you didn't handle a situation or an interaction well.

Now, rewind and do a "Do Over" by answering the following questions:

- What would it look like to operate from **TED\*** (Creator-Challenger-Coach) in this situation?
  - What would you say and do?
  - How would you and others feel?
  - How would the outcome be different?
- What narrative beliefs would you need to upgrade or release in order to successfully operate from empowerment?

### Exercise #3: Take Charge of Your Life Story-From Insight to Action!

Identify 1-3 Baby Steps you want to take to either...

- upgrade your narrative.
- release your narrative.
- reinforce your narrative.

Make a note of why your Baby Steps will allow you to live true to your best self and the life you want to live.

