

CHANGING YOUR STORY – THE “STACK” QUESTION PROCESS

1. What is the current story you are telling yourself about a particular situation or the current results you are experiencing?
****Note that if the story is about yourself, then it is best told in third person e.g “Shane is not very clever and will never succeed”**
 - a. Is that story true?
 - b. Are you 100% certain, without a shadow of a doubt, that the story is true?
2. How does that story make you feel?
3. What is your ideal outcome or result you are seeking?
4. Why are you seeking that outcome or result?
5. How would that desired outcome or result make you feel?
6. What is the “ME” version of your story? ****Turn it on yourself e.g “I am not very clever and will never succeed”.**
7. What evidence do you have that this story could be true?
8. What is the OPPOSITE VERSION of your story? **“Shane is clever and will succeed”**
9. What evidence do you have that this story could be true?
10. What is your DESIRED story (being the story that is most likely to deliver your ideal outcome or result)? **e.g Regardless of things not working out at first, Shane is clever and will succeed**
11. Pick the story that most serves you and your ideal outcome.
12. What action will you take in the next 48 hours to bring about not only a change in your story but will take you closer to your ideal outcome?