

Is this your story?

Here's a brief quiz to help you determine whether the story you've been telling to yourself & others is a grievance story.

1. Have you told your story more than twice to the same person?
 yes no
2. Do you replay the events that happened more than 2 times a day in your mind?
 yes no
3. Do you find yourself speaking to the person who hurt you even when that person is not there?
 yes no
4. Have you made a commitment to yourself to tell the story without upset and then found yourself unexpectedly agitated?
 yes no
5. Is the person who hurt you the central character of your story?
 yes no
6. When you tell the story does it remind you of other painful things that have happened to you?
 yes no
7. Does your story focus primarily on your pain & what you have lost?
 yes no
8. In your story is there a villain?
 yes no
9. Have you made a commitment to yourself to not tell your story again and then broken your vow?
 yes no
10. Do you look for other people w/ similar problems to tell your story to?
 yes no
11. Has your story stayed the same over time?
 yes no
12. Have you checked the details of your story for accuracy?
 yes no

If you answer "Yes" to 5 or more of the first 11 questions, and/or "No" to question 12, there's a good chance your telling a grievance story. If so, do not lose hope. You can easily change a grievance story as you can create one.

From the book, Forgive For Good