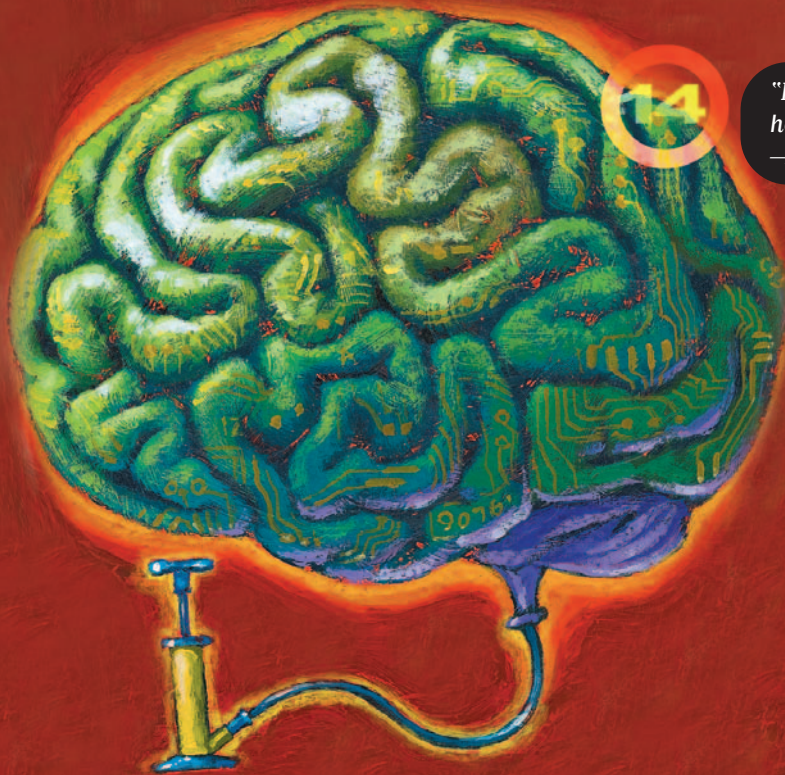


Pat wanted to steal it, but was afraid that the man with the mask would try to keep him away from home. What story can you create

about this sentence?



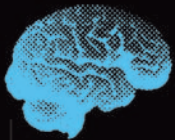
"If you can't change your mind,
how do you know you have one?"

—Bumper sticker

We all create assumptions based on people's words or actions. We can't change that. But we *can* change suppositions after they're made. The sentence above could refer to a thief, a super hero, or a baseball base-runner. Or thousands of other stories.

We constantly create internal narratives. If a clerk is very quiet, you could assume he's mad at you. Possibly he's had a fight with the boss. Or he's shy or attracted to you. The possibilities are endless. Which tale you believe shapes your attitude and behaviors. Important: it's YOUR responsibility. So: 1] Be aware that your assumption is speculation (unless they tell you otherwise) 2] Consider what else could be going on. 3] Choose a story that moves the relationship forward. 4] Act in accordance with the new story. Since assumptions can help you or hurt you, choose wisely!

What's Your Story?



"To control attention means to control experience,
and therefore the quality of life."

—Mihaly Csikszentmihalyi

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