

YOUR STORY

Imagine yourself chained in a cave viewing only the shadows of the images projected on the wall in front of you. What thoughts, feelings, and sensations are you experiencing?

Imagine yourself removing the chains and turning around to view the objects in their true form. What thoughts, feelings, and sensations are you experiencing now?

Next, imagine yourself stepping out of the cave and into the bright sunlight. Have your thoughts, feelings, and sensations changed? What are they now?

Did the imagery help you get some distance from your story?

Making the shift from your story (the shadows on the wall) to the reality of what is happening in the moment is a scary adjustment. Even though your story is packed with pain it is familiar; it's difficult to let go of what you know and adopt a new way of being that is unfamiliar. When you are stuck in your story, your hardwired fear response takes over and you detach from the present moment and react based upon past experiences. When you live in fear, the fear wears you down because you are constantly reacting from your survival modes of fight, flight, freeze, or force.