

State

VS.

Story



State: Let's think of “state” as our emotions and body sensations. Examples of emotions: *sadness, anger, disgust, shame, guilt, joy, anxiety*. Examples of body sensations: *feeling hot, restlessness, heaviness in the chest, a feeling of energy building up in the core etc.*

Story: Let's think of “Story” as the narratives or scripts we tell ourselves or hold on to.

Story = Thoughts.



State

Try approaching your emotions and body sensations with compassion and curiosity. Ask yourself :

“Why does this make sense for me?”.

Emotions/body sensations often make sense given our attachment history and the way we have learned to perceive threat/safety in our environment.

Example: It may make sense that I feel on edge when x occurs.

Can I offer myself compassion and patience as I hold space for these feelings?

**There are no wrong feelings.
Emotions are not good or bad.**



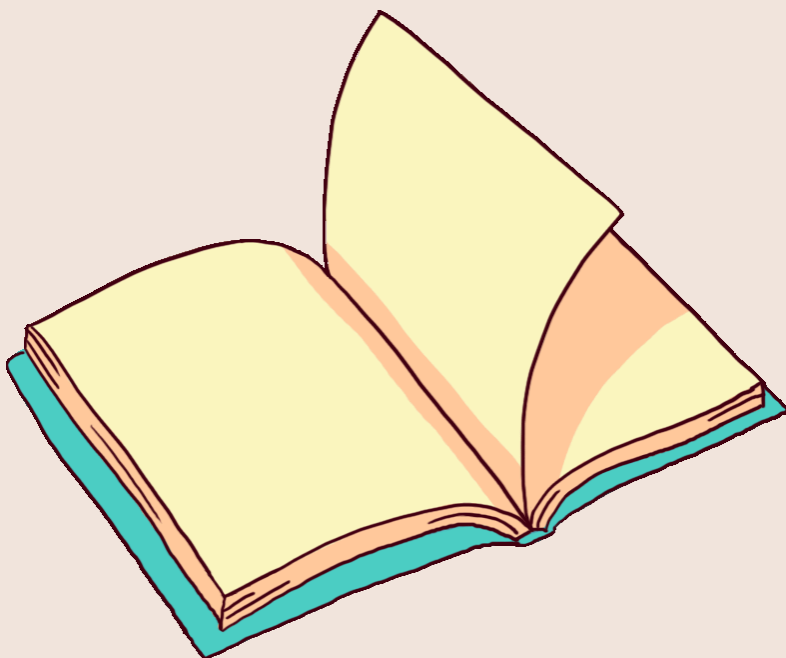
Story

Here is where we can do some cognitive restructuring.

While we want to create space for our emotions/body sensations, sometimes leaning into specific narratives for too long can be unhelpful.

This is an opportunity for us to ask:

1. **Is this a helpful story to hold as true?**
2. **Is this story aligned with my values?**
3. **Is there a more balanced way of thinking about this?**



Be kind to your
state.

Balance your story.

