



HOW TO...

USE THE STORY LIES TECHNIQUES



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We tell ourselves what we are from our **beliefs**, and we make **a story** from them to suit us.

HOW TO COMPLETE THE STORY LIES WORKBOOK

1. **Give time to completing the workbook.** If you glance over, you won't do the work or learn because you have to be intent on learning to make a difference.
2. **Do work.** It won't do it by itself. Your honesty is critical. This isn't nice to do; it's a must-do. Techniques create success when applied.

This workbook will review each area and also for you to answer your Story Lies as part of learning the technique.

Enjoy the process of working through your Story Lies first. You will boost rapport, connection, outcomes and relationship. **OWN IT.**

INTRODUCTION

Story Lies one thing we can look out for when coaching with our clients. It is the 'lies' we may find hidden in the stories they are telling themselves. We don't mean lies and classic lie ideas, the white lie or the deception. What we mean here at RLC is lies that seem like they are real.

The detail behind the story lies in people using them to protect, defend, justify, validate normal with positive intent, and not self-deceive. Yet we know that our brains will. The how-to guide allows you to complete the work for you; first, the self-coaching enhances your skill, knowledge and competency to benefit future clients.

The Guide is set out with the detail, then offers an activity to self-assess and learn from, a reflection section and coaching tips, creating a useful resource to learn and enhance your knowledge.

Story Lies are usually found in the following 7 areas.

1. Relationships
2. Head Trash/Self Talk
3. Habits
4. Time
5. Old Scripts
6. Family
7. Pride

We look at each one and work through how you can be better than your story lies, or get a better understanding on why you do to move forward into a more open future?

RELATIONSHIPS

We reflect the people we choose to associate with, who is in “your circle”. Whether it is the prominent five or six people or our entire friend network, do **they enable you to be at your best?**

The activity here is to identify the types of relationships in your life and how they affect you, influence you, impact you and how you reference them. We look at four relationship types

- **Key**-These are the relationships that you spend most/all your time with, need, desire to be with or is expected relationship
- **Good**-These are the relationships that boost you, benefit you, raise and nurture you
- **Bad**-This type of relationship may feel necessary, yet it creates toxicity, negativity, upset, harm and is unhealthy
- **Future**-This relationship is the one you may put off, you know it can benefit you, networks, professional groups that will boost, coach, mentor and aid your self-growth, progression like RLC!

Complete the questions and actions, and it will reveal what you may be producing Story Lies about in your relationships?

Your Questions	Your Answers
List your Key Relationships in your life (name and connection)	
Are they Positive? (Yes,/No, Why?)	
Do they believe in You? (Yes/No, Why and How do you know?)	
Do they match your values? (Yes/No, Why and How do you know?)	
Do they share trust with you? (Yes/No, Why and How do you know?)	

GOOD RELATIONSHIP TYPE	Your Answers
List your Good Relationships in your life (name and connection)	
Do they encourage you? (Yes/No, Why and How do you know?)	
Do they believe in You? (Yes/No, Why and How do you know?)	
Are they ahead of you and you are learning from? (Yes/No, Why and How do you know?)	
Do they share believes and causes with you? (Yes/No, Why and How do you know?)	
Do they propel you forward? (Yes/No, Why and How do you know?)	

BAD RELATIONSHIP TYPE	Your Answers
List your Bad Relationships in your life (name and connection)	
Do they pull you back? (Yes/No, Why and How do you know?)	
Do they activate head trash in your behaviour and style? (Yes/No, Why and How do you know?)	

Do they consume your time, money and drain you? (Yes/No, Why and How do you know?)	
Do they change your mental state? (Yes/No, Why and How do you know?)	

FUTURE RELATIONSHIP TYPE	Your Answers
List your Future Relationships in your life (Name, Organisations or memberships)	
Can they positively impact you right now? (Yes/No, Why and How do you know?)	
Could they stretch you or enable you? (Yes/No, Why and How do you know?)	
Do they have the same goals as you? (Yes/No, Why and How do you know?)	
Would they Do they stand by you and speak candidly? (Yes/No, Why and How do you know?)	

REFLECTION

Now, review your answers, if you have listed relationships and then answered the questions, did the relationship type change? Is it different from you thought? You will start to see a clear pattern of where you can work on your relationships. This is not about massive change (although for some it could be a lightbulb moment)?

HEAD TRASH/SELF TALK

Understanding what this is as a story lie is our internal dialogue, inner chatter telling us. It is what we say to ourselves—good and bad. This can be:

- Situations we feel uncomfortable about or have had bad experiences with before
- People who have a negative affect on us as soon as we see them or are in the same space as they respond negatively
- Other mental anchors again good, bad or neutral

List what you tell yourself about others, assumptions, self-language, inner dialogue list it in two ways: positive good healthy self-talk and the harmful head trash you say.

GOOD HEAD TRASH	NEGATIVE HEAD TRASH

REFLECTION

Now, review your answers, if you have listed relationships and then answered the questions, did the relationship type change? Is it different from you thought? You will start to see a clear pattern of the amount of positive vs negative. Identifying this allows you to see that the negative head trash is driving Story Lies.

HABITS

Our habits can create story lies, things that you do habitually from a start of a daily routine- examples: how you choose to rest, your nutrition, doing and booking in recovery, your belief habits and mind control. The example is we can say we do things habitually, and we can generalise, embellish and overestimate how well we do something habitually. Knowing what habits you have is the starting point and then identifying whether it is a good habit or built on a story lie?

Definition of a habit -“Are the small decisions you make and actions you perform every day.”

James Clear Atomic Habits

Activity is to list your habits and then answer Yes or No, to answer this correctly do you do it every day?

LIST YOUR HABITS	IS THIS A HABIT? YES OR NO <small>(Do every day, consistently?)</small>

REFLECTION

Now review your answers, if you have listed habits and then answered No next to doing it every day, then this could be your story lie. It's a great way to distinguish what you tell yourself and what you do. If you identify that you are

NOT making the habits, you say you are ask-Why? What do you say you do and then don't? This is the story lie.

Be aware that habits are personal and therefore, not for debate if good or bad. The question is if it's a habit and you say you do every day, then do you? If not, why not? Why is this a story lie-do you want to? If so, how can you make that happen?

OLD SCRIPTS

A great way to self assess and help others too. Old Scripts are the things we say to ourselves to avoid, do, ignore, act on, choose, validate and justify. The activity here is to check the below statements - how many do you use?

As you will have noticed the examples of Old Scripts are based around generalised non-specific statements, they allow us to convince and embed our Story Lie.

REFLECTION

Now review your answers, understand if you are using Old Scripts ask why. We use old scripts to justify us not doing versus doing when we are not sure, nervous, or concerned. In business, this can be a defence mechanism driven by sticking with the old scripts to avoid the future or the real problem.

Be aware you can be touching personal, vulnerability, nervous, fear and insecurity—so being aware that you may uncover and discuss conversations that allow you to explore the Why they choose to use Old Scripts. This can be revelatory for many. There is no wrong or right, and coaching isn't about creating more Story Lies or personal judgments. It's allowing the other to see how they can improve, enhance, and be the best version self in all they do.

TIME

Time is the biggest Story Lie used most regularly. Ever heard the I'm so busy, I don't have time. The glorification of being busy is applied to self-defence similar to old scripts we use to validate us. Time is also used to validate our effectiveness, our worth and our productivity.

Time is a currency; we either invest it or waste it; we cannot get enough and always run out. The key as a coach and adviser is to use it with wisdom and invest it. The activity here is Identify **your** time excuses- **what are they?** You have a list of conditions before starting any action. **One great way to identify and work on a Story Lie of time is if this was your last day what would you make time for?** Each can be a Story Lie as we can if we want too.

Example to consider is this-

If you were offered a free trip to an exotic island or dream holiday of yours for free, no ties, no detriment to your business, would you find the time? Of course, you would. So we know that if we want to, we will always find the time.

REFLECTION

Now review your answers quick action is to assess how much time you do that adds value to your goals. List your goals and how much time you dedicate to it. Is it a Story lie? Small things are done every day, eventually becomes an aggregate of small things. This Story Lie of Time is the fastest route to disappointment and self-talk that will not aid you.

PRIDE

Ever heard of the saying 'Pride comes before a fall'. It is often when we fail to do a couple of critical things that create the Story Lie.

- Ask for help
- Recognise we don't know enough about our challenges
- We are unaware of our shortfalls

- We ignore the signs and symptoms of change
- We believe we are better than the people we lead, serve or coach

Where pride is in play, it is the space for us to challenge it with honesty and skill to ask the businesses we coach to consider, work through their impact and perspective.

REFLECTION

The action here is to self evaluate your pride your reason for the Story Lie you may have created? Raising in a conversation present as a question? Is that your Pride? Is that positive and giving you positive outcomes? Is that negative and giving you adverse effects?

SUMMARY

Sometimes we tell our story lies through comparisons, a definition of normal and this can be applied to any aspect of our lives and then the story we tell ourselves first, others and the world. The world is open and global from the realms of social media, the way we advertise, the access to many rather than the less local focus. The virtual and online world has created many stories lies

We recommend Brene Brown. Her specific research around shame and vulnerability uncovered a common phrase people used to cope with being able to be first vulnerable and second active in moving away from their thoughts.

.....“The story I am telling myself is.” Using this as your first thought, you will be more focused, prepare better, be more direct, productive, less comparative, and create the best version self.

ADDITIONAL WORK

What are your findings? What is your story lies?

Beliefs? Self Value? Awareness? Your Leadership? Your Business Purpose? Your Morals? Definition? A plan?

What one action can you now do to overcome your story lies?

Now use this workbook again

(we recommend at least 90 days)

Redo the work what's different? How many answers are others?

RLC PRODUCTS AND SERVICES THAT WE CAN HELP YOU WITH STORY LIES - PERSONAL OR BUSINESS

- Best Version Business Framework
- Dollar Dream Club
- FireStarter Business NLP Practitioner Program
- RLC Consult

- RLC Centre
- RLC Wellbeing and Diversity Program

READING SUPPORT RESOURCE

- Read Brene Brown Daring Greatly and Braving The Wilderness
- Anti-racism Work Brit Barron
- The Money Will Come by Sarah Akwisombe

Want more info

Get in touch [**info@rlc-global.com**](mailto:info@rlc-global.com) or go to our website [**www.rlc-global.com**](http://www.rlc-global.com)

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