How to Listen to THE STORIES WE TELL OURSELVES:
How changing the stories in our minds can reduce stress, anger and addictive behavior
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Stories:
- The Stories We Tell Ourselves About Ourselves
- The Stores We Tell Ourselves About Others and the World Around Us
- What are the STORIES YOU TELL YOURSELF?

Relationships:
- People become characters in movies in your own mind
- Having a relationship more with person in your head then the actually human being

Problems:
- Anxiety
- Numbing Emotion
- Escape Patterns
- Addiction

Strategies:
- Awareness/Noticing
- What is true?
- Seeking more information
- Replace judgment with curiosity
- Presence and Being Present

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