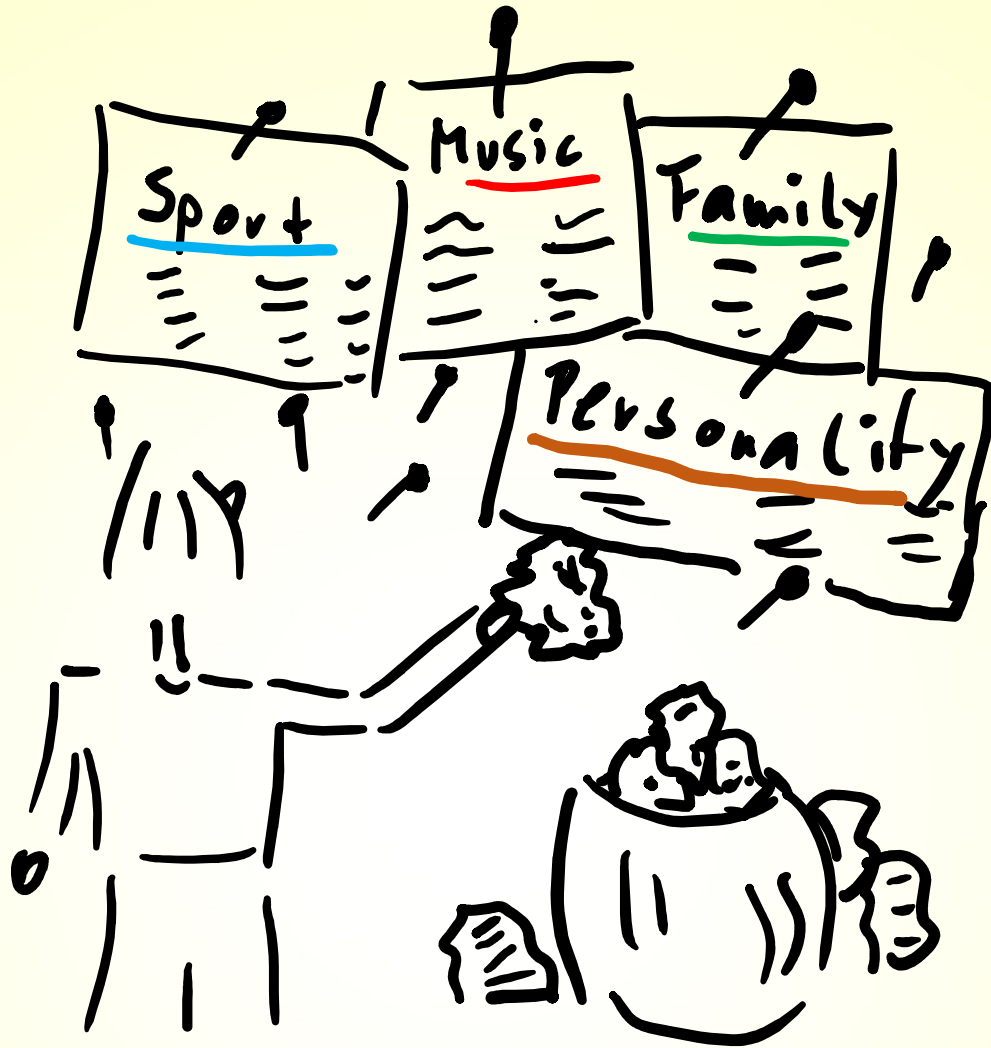


Trash your stories



Briefly write down all your different stories, who you think you are. Crumple up each paper and trash it. Feel yourself.

Trash your stories

Our stories give us safety and identity. We know, who we are and, very important, all others know, who we are. But it is also hard work to synchronize all new thoughts, observations and behaviors with our existing stories. Often, we prefer to not see, think or do something to keep our stories intact. Note down all stories ideally on one paper each with title and few key words. Are the stories imprisoning you a bit? Do they give you a feeling of safety? Do others love to know you and your predictability? If you dare, crumple one after the other and throw it into the trash bin. When all stories are trashed, see and feel, if you still exist. How liberating!