

Event – Story

Event

- A situation
- Data observed through the senses
- What actually happened; facts

Story

- My interpretation
- Meaning I give to the event
- My interpretation is about ME, the Other, and the action that I perceive as necessary for success.

Every human brain has basic hardwiring that directs the body.

The brain guides basic functions that are essential for life. Basic functions include breathing, function of organs like the heart, and much more.

Brain hardwiring receives data through the five senses

(taste, smell, sight, hearing, and touch).

Simply put, the brain is trying to make sense of the events that are happening. Making sense of life's events is essential to keeping you safe. Interpretation of data happens in nanoseconds. That speed can be helpful or harmful.

Brain interprets data; what works, what doesn't work.

The interpretation (story) of the data will be about the current events and includes you, others, and the situation. Based on the story, you generate optional actions to take that will produce results that feel GOOD and avoid results that feel BAD.

Interpretation is informed by 'software' from the past.

Part of learning from experience is that the brain stores memories of interpretations of events: "When X happened, I felt good. When Y happened, I felt bad." To interpret new events, the brain quickly searches the memory center for data that seems relevant. Therefore, interpretation of events occurring **now** is strongly impacted by the past.

Software can get outdated. Fortunately, software can be changed at any time.

The software of interpretations in the brain's memory center is all from the past, even from our youth. Some of the past stories may no longer be accurate or effective. Often, we are unconscious of the old stories and of how the stories influence our perception of current events. Through a practice of observation, we can discern the old stories that are no longer effective and de-activate them. By doing this, we install new story software. We can act more powerfully in the present and not be limited by the past.

The Brain receives data & interprets data.

1. What works
"I feel GOOD."
GOOD = feelings of happiness, safety, security, love, belonging, victory, etc.
2. What doesn't work
"I feel BAD."
BAD = feelings of pain, shame, humiliation, loss, anger, frustration, etc.

Example:

Data: Feel heat of stove

Feeling: Fear, alarm, confusion

Interpretation: Hot

Action: Reflexively pull back your hand.

