

# Dominant Story Exercise

Our 'dominant story' is the narrative we tell ourselves most often about a certain area of life—sometimes helpful, sometimes not. This exercise will help you identify a dominant story about your relationships and then find evidence that challenges it.

## Step 1: Identify Your Dominant Story

Think about a recurring thought or belief you have about your relationships—especially one that might be holding you back. This is your dominant story.

*Example from Dr. Dave:* My dominant story has been: 'I have to be the one who initiates with friends and family. If I don't, the relationships will fade away.'

My Dominant Story:

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## Step 2: Find Evidence Against Your Dominant Story

List examples from your recent life that prove your dominant story isn't always true. Even small examples can shift your perspective.

*Example from Dr. Dave:* • Friend John called and texted me without me reaching out first.

- Old acquaintance Holly reached out to reconnect.
- Friend Sandy sent me a message to check in.
- Several friends came to a storytelling night to support me.

## Step 3: Write Your Own Examples

Use the space below to list moments or actions from others that go against your dominant story.

Evidence Against My Dominant Story:

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## Step 4: Create a New Story

Based on your evidence, write a new, more balanced story about your relationships. This story should be more compassionate, realistic, and empowering.

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Tip: Revisit this exercise monthly or whenever you feel stuck in an unhelpful belief. The more you practice reframing your story, the more naturally your mind will find balanced perspectives.