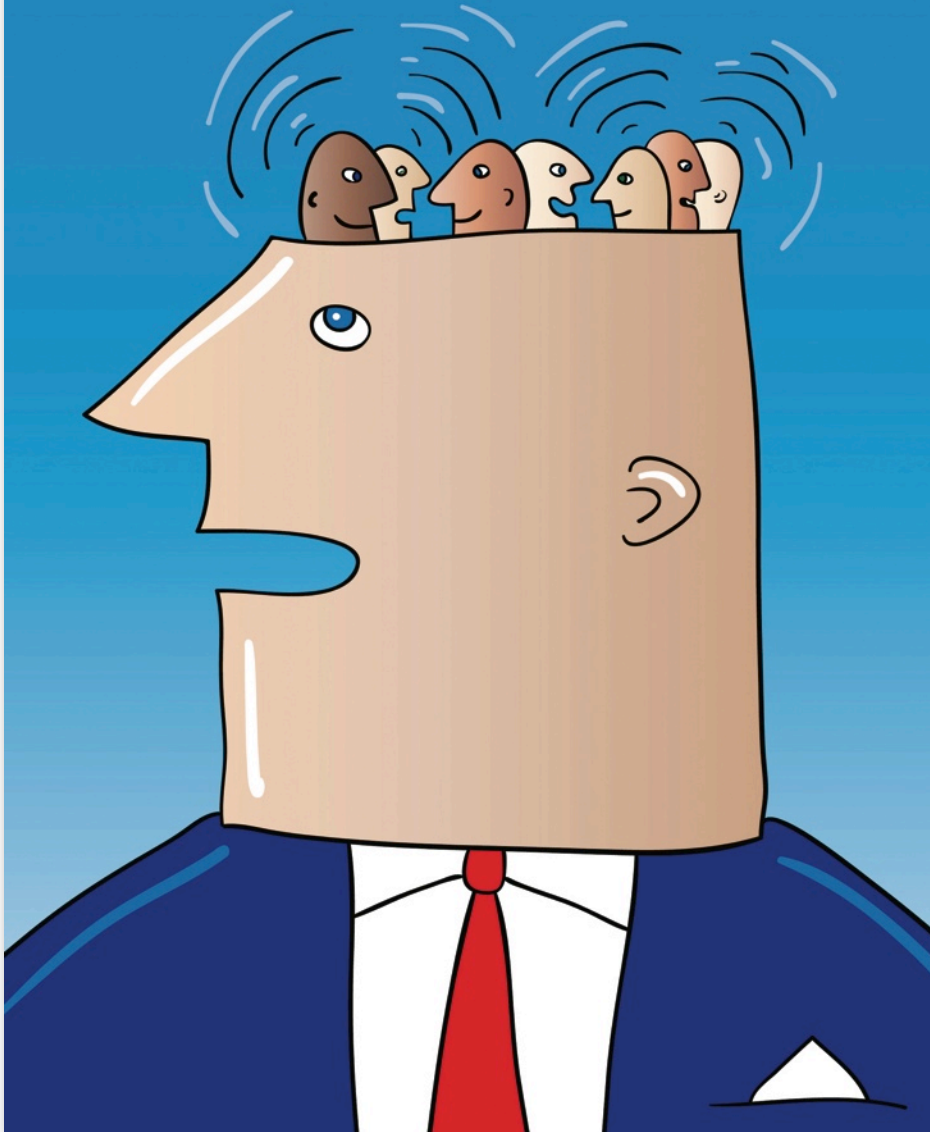


Ego Stories



Burn It In

Ego Stories

- 1) Become aware of the storytelling and stop it when you're in it.
- 2) Step back and be the Observer - write down the story.
- 3) Separate facts from judgments.
- 4) Take responsibility for the story and share it with the person it's about.