

 G • Grounded

Facts vs Stories

Grounded • Chapter Three. Separate what happened from what you made it mean.

A fact is what a camera would have recorded. A story is what you decided the footage meant. Facts can be acted on and stories cannot, which is why this sheet asks for both, and then for a second story that fits the same facts. There are no wrong answers, only honest ones.

1 • Reality Check

 Core

Write what is true, not what you wish were true.

The thing I most want to change right now is:

The honest reason I haven't changed it yet (not the polite reason):

If my best friend described my situation, they would say:

The thing I keep telling myself that is not actually true:

2 • Facts vs Stories

 Deep dive

Separate what happened from what you made it mean.

A situation that is bothering me:

The facts (what a camera would record)

The story I am telling myself

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An alternative story that fits the same facts:

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Facts vs Stories

Which story is most useful for moving forward?

3 • Honest Inventory

Not a gratitude list. A clear-eyed assessment.

Resources I actually have

time, money, support, skills, energy

Constraints I actually face

real limitations, not excuses

Things I pretend are fine but are not:

Things I pretend are terrible but are manageable:

4 • Grounding Statement

Your honest starting point in one sentence. A starting position rather than a goal.

“Right now, I am (honest situation), I have (real resources), and I am ready to (specific first step).”

Low scores are not failures. They are information. An honest starting point is the one thing every other tool in this method builds on.