

Your new story

We now invite you to revisit your own story. Close your eyes and helicopter up. Look down at your own story from this high place where you can see the big picture. From up here, see if you can spot blame thoughts, angry feelings, sad feelings or other thoughts, feelings and judgements about your story and in your story. Now open your eyes. Write the thoughts, feelings and judgements that you spotted in your story and about your story into the puppies' callouts below:

