

# Master Your Stories: Stories We Tell About Others

This week, we learn about confirmation bias and how we can assume positive intent instead.

## 1. Prep

- Send Team Email:** Slightly customized.
- Video: Stories We Tell About Others**
- Review the Master Your Stories** postcard submissions prior to the meeting, and decide which cards you want to share with the team.
- Post & share these items with your team:**
  - Master Your Stories postcard
  - Meet the Team questionnaire
- Continue Meet the Team** until everyone has been featured.

## 2. Talking Points

- The stories we tell about others can often be inaccurate and have the potential to lead to misunderstandings.
- We tell stories about all kinds of situations, including strangers.
- When we learn to hear, question, and change these stories, we can improve our relationships, reduce stress, and live happier lives.

## 3. Team Dialogue

### Casual

- Share a situation where you've had to reconsider your initial thoughts about someone after learning more about their perspective.

### Reflective

- How do you think the stories you tell yourself about others affect your own emotions and reactions?

### Vulnerable

- Reflect on a negative story you've held onto for some time. How might you view it from a different perspective?

See 'Team Dialogue' for all questions.

## 4. Practice

### Postcard

Share the Master Your Stories postcard you received from the team and what was written. Celebrate those who filled out the cards and encourage people who have not yet participated to fill one out before next week. Note: If an employee wants to remain anonymous, they can note on the card that they do not want their name shared with the team. This activity will continue for one more week, so share the cards with the team again.

### Meet The Team

Continue this activity until all members of the team have been featured.