

FMT – FIND MY TRUTH

RE-TELLING OUR “STORIES”

WHAT ARE THE FACTS OF THE SITUATION?

F

WHAT AM I “MAKING UP”?

M

WHAT IS THE TRUTH? (If applicable, note what is YOUR truth versus the other person's truth.)

T

FROM WHAT YOU UNCOVERED ABOVE, WHAT SELF-TALK STATEMENTS DO YOU WANT TO USE AROUND THIS SITUATION?