

THE RULES

We Tell our Stories:

...to help a person expand their imagination and choices, not to guide them in a specific direction.

...to expose our values, but not force them on others.

...as slices of powerful moments, not the long sagas of our life.

...sticking to our own truth and what we know.

...after we have acknowledged and have reasonable control over our own sources of emotion in the story.

...when we sense another person is at a crossroads, seeking and weighing different choices.