



---

## **The Possibility Path™ for Relationships**

A Life Coaching Program based on  
*The Possibility Path - Book One: Beyond*

*“Bringing Possibilities to Reality”*

---

## **STEP TWO**

---

## **YOUR STORY**

---

# The Possibility Path™ for Relationships

## INTRODUCTION

---

There is much talk about story and narrative these days.

It is the current word definition of what used to be called, “spin.”

It implies manipulation, consciously adjusting how we tell information to others to make us look better, to make them look worse, or to blatantly lie about whatever it is we are describing.

It is an overused story of the word story.

The truth is that everything is story.

Every moment of every day we are telling ourselves and others a story.

From who we are to what we do, to what others do, to even the facts of life, we are telling stories. That is how human beings communicate!

That is who we are! We are story.

There is a Zen koan we talk about on The Possibility Path that there is a Tree in the Garden.

The tree is just a tree. There is nothing else to be said. Even saying it is a tree is a story.

Everything we say about the “tree” is story. It just is. Everything else is the story we put upon it. Words are stories. How we feel about those words is story. How we feel about ourselves, others, and life itself is story.

The world just is. We just are. People just are. Life just is.

Everything else is story.

Another trait of human beings is that we LOVE our stories. We hold onto our stories.

We do, what we call on The Possibility Path, we get stuck in our stories.

The cool thing about this is that we can change our lives simply by changing our story!

Stories are just words. We can change our lives by changing the words themselves or how we feel about those words. It is as simple as that.

To learn how to do this?

We move onto Step Two:

---

### YOUR STORY

How the stories you tell create your relationships.

---

The Possibility Path™ for Relationships

**STEP TWO**

---

**YOUR STORY**

---

THINK of a relationship in your life.

Who is involved in this relationship? Who are you to them? Who are they to you>

Describe it:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Go look at your description.

What words did you use to describe your relationship?

**CIRCLE THE WORDS**

Then write the words below:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**CURRENT STORY**

What do these words currently mean to you?

**Write BELOW THE WORDS listed above what they currently mean to you.**

---

**PICK ONE**

**Pick ONE of the words above that you don't like.**

What is it you don't like about this story this word describes to you? Why?

Describe:

---

---

---

---

---

---

---

---

---

**CHOOSE A NEW STORY**

IF this relationship looked like how you would WANT it to look like, what WORDS would you use to describe it?

List and describe:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## THE NEW WORDS

Look at how you described the NEW relationship, Story. What NEW WORDS show up?

Circle or list below:

---

---

---

---

---

---

What NEW Story do they tell?

---

---

---

---

## **BONUS/ HOMEWORK**

USE THE NEW WORDS! Tell you new story.

**TELL YOUR NEW STORY FOR A FEW WEEKS AND CHECK BACK HERE**

Then answer these questions:

Begin to tell your new story of how you WANT your relationship to be and who you want to be in it. As you use the words, take notice of how people react. How do you react?

Does it trigger feelings in you? Is it uncomfortable? Why?

Write your thoughts on the new experience of your new story!

Here's to the possibilities to come!

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

The Possibility Path™ for Relationships

## **SHORT CUT**

### **Your NEW Relationship Story**

---

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self.

Go where the journey takes you!

List your insights!

---

-----

## **The Possibility Path™ for Relationships**

*By entering this program, you understand that this copyright material and should not be shared with anyone who is not in this program. \*Couples doing it together can do one program together.*

*Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time.*

*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

*Please direct any professional questions to [thepossibilitypath@gmail.com](mailto:thepossibilitypath@gmail.com)*

All material is copyrighted. 2024 © by Jeannine Proulx

-----