The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

DAY 1: The Story I Tell Myself

When something doesn't go as expected, how do I decide what it means about me or the people involved?

- What assumptions do I tend to make first?
- How do those assumptions affect my emotions?
- What might I discover by questioning them?

The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

DAY 2: What Else Could Be True?

Think of a recent situation that left you feeling hurt or frustrated. How might your understanding change if you considered another explanation?

- What do I actually know about what happened?
- What details might I be missing?
- How could curiosity change my response?

The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

DAY 3: When Everything Feels Connected

When several things go wrong, how do I keep individual disappointments from becoming one overwhelming story about my life?

- What frustrations have I been carrying together?
- Which situations need my attention right now?
- What could I release instead of carrying forward?

The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

DAY 4: Understanding Without Excusing

How can I extend compassion to someone whose behavior has hurt me while still respecting my own feelings and boundaries?

- What might be influencing their behavior?
- What do I need them to understand about my experience?
- How can I respond with both kindness and honesty?

The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

DAY 5: Letting the Story Unfold

Where in my life am I searching for answers or explanations that I may not be able to find right now?

- What uncertainty am I struggling to accept?
- How is my need for answers affecting my peace?
- What would it look like to move forward without knowing everything?

The Other Side of the Story

Discovering Freedom Through a New Perspective

Encouragementology®
the practice of instilling hope

REFLECTION

After exploring the stories you tell yourself, what have you discovered about the way your perspective shapes your experiences and relationships?

- Which assumption am I ready to reconsider?
- Where could I practice more curiosity and patience?
- How will I remind myself to look for the other side of the story?

