

## YOU AND YOUR STORY

When people speak about their life experiences, they are mostly describing their interpretation of those experiences. Their interpretations also have emotions attached to it - both positive and negative. For example, you may have had a difficult childhood, a bitter divorce, or a traumatic life experience. What is your interpretation of those events and what are the emotions associated with it? Are you still hurting? Or do you consider yourself to be an overcomer?

Your crucible experiences may have been arduous but the outcome of the story depends on your interpretation of it.



6 Lakh users  
using our RankGuru App



anywhere anytime learning platform  
15.25 lakh users  
and counting



Live Classes  
using MS Teams



Lessons on  
ZOOM APP



FB Live  
Streaming



YouTube Live  
Streaming



For Admission Enquiries

**040 - 44 600 600**

[www.srichaitanyaschool.net](http://www.srichaitanyaschool.net)



/Srichaitanyaschoolsdu



/SriChaitanyaSchools

When you narrate your story from a state of helplessness and continue to feel helpless even today you are more likely to feel and act like a victim. However, when you choose to look at the past as a learning experience which has transformed you into a strong person, then you are more likely to think and act like a victor.

The stories you tell yourself not only affects you but also your children. They will develop **learned helplessness or learned optimism** based on how you narrate the story of your life experiences to them. Make it a story worth telling.

**Make your day joyful**



6 Lakh users  
using our RankGuru App



15.25 lakh users  
and counting



Live Classes  
using MS Teams



Lessons on  
ZOOM APP



FB Live  
Streaming



YouTube Live  
Streaming



For Admission Enquiries

**040 - 44 600 600**

[www.srichaitanyaschool.net](http://www.srichaitanyaschool.net)



/Srichaitanyaschoolsdu



/SriChaitanyaSchools