

# Choose your Story

As the natural development of human consciousness takes place, numerous mechanisms are shaped. Nurturing and protective, their sole purpose is to ensure survival. **Pleasure and pain** form an eternal **dichotomy**. Pursue pleasant sensations, run away from negative ones. A step above this primitive interpretive system is reserved for our memory. Remember what pleasure feels like and how to get there. Remember what pain feels like and do not touch the stove. Common sense.

A mediator to explain the relationship between behaviour and memory is our ability to **rationalize**. “I have been working hard and I received the promotion”. “I have been eating unhealthy foods and now I am out of shape”. Simple examples to illustrate a **cause-and-effect system**. Take this approach and span it across a longer timeframe and you might observe the following storyline/s:

Graduate university.  
Feel competitive on the job market.  
Find a high-pay profession.  
Work seems too hard.  
Purchase a house.  
Accomplishment.  
Work is very demanding.  
Resentful.  
Love relationship falls apart.  
Sad and regretful.  
Quit job and start own business.  
Reluctant to start Plan B.  
Sell the house, buy apartment.  
Downgrade.  
Too many neighbours.  
Lose privacy.  
Sell the car.  
Use public transport.  
Life has taken a downward spiral.  
Still single, no babies.  
Lonesome.  
Sense of failure. Despair.

Graduate university.  
Keep on learning through work.  
Find a high-pay profession.  
Work seems challenging.  
Purchase a house.  
Good investment.  
Work is very demanding.  
Opportunistic.  
Love relationship falls apart.  
Chance to meet someone better.  
Quit job and start own business.  
Put skills to good use.  
Sell the house, buy apartment.  
Good return.  
Too many neighbours.  
More networking.  
Sell the car.  
Less money for gas.  
Life has given you more freedom.  
Still single, no babies.  
Energized.  
Sense of hope. Gratitude.

Same story. Different narrative. While it is certainly rational to observe, derive conclusions and undertake actions, failing to consider alternatives can leave us myopic and biased. As life inevitably presents the next event, our “inclination to interpret” follows from past experience. Repeat a thought and it forms a belief. Repeat that and it grows into a mindset. Repeat that and you create an attitude. Fail to start with a proper interpretation and end up with a losing attitude. Break the cycle.

**Pause. Look at your immediate interpretation. Accept it as a possibility. Is this how you want to write your story?**