

Act I

The Reckoning

The Rising Strong Process

The goal of this process is to rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness.

The Reckoning: Walking into Our Story

Recognize emotion, and get curious about our feelings and how they connect with the way we think and behave.

The Rumble: Owning Our Story

Get honest about the stories we are making up about our struggle, then challenge these confabulations and assumptions to determine what's truth, what's self-protection, and what needs to change if we want to lead more wholehearted lives.

The Revolution: Process Becomes Practice

Write a new ending to our story based on the key learnings from our rumble and use this new, braver story to change how we engage with the world and to ultimately transform the way we live, love, parent, and lead.

Getting Emotionally Hooked

Using the Story Rumble Glossary, pick four emotions that you want to explore.

EXPERIENCE	AFFECT OR EMOTION	COGNITION	BEHAVIOR
When I experience:	I'm feeling: <i>How's my body responding?</i> <i>Where am I physically feeling this?</i>	I'm thinking: <i>Is there a thought constantly looping in my mind?</i> <i>What's my go-to thought process?</i>	I do / I act: <i>What's the first thing I want to do?</i> <i>What's the only thing I want to do?</i>

Note: Anger is what we consider a secondary emotion. It's usually masking other emotions. Using the Story Rumble Glossary, write down the names of all of the emotions that often show up as anger for you.