

The Story Spine

Build the story that reveals instead of explains:

- 1 The moment**
Where are we, what's happening — two sentences max.
- 2 The tension**
What was at stake, what pulled at you.
- 3 The choice**
What you actually did; this is where your value shows without being named.
- 4 What shifted**
In the room, in you — shown, not labelled.

THE TEST

Did you tell us how to feel anywhere? ("It was difficult." "I was proud.") Cut it, and describe what happened instead. The feeling arrives through the scene, not the label.

Reveal it. Don't explain it. — Story is strategy.