



Story I'm Still Carrying

Some beliefs are persistent—they dig in and hold on. Let's find the one that keeps popping up and ask why it's still here.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What story felt loudest in my head today? _____

2. What behavior or emotion did it trigger? _____

3. Where did this story come from originally? _____

4. What do I get out of still believing it (comfort, protection, control)? _____

5. What's the cost of still living by this story? _____

6. Have I ever seen this story completely fall apart, and still acted like it was true?

7. What would it look like to retire this belief? _____

8. What fear comes up if I do let it go? _____

9. What new belief is trying to take its place? _____

10. How could I practice feeding the new one tomorrow? _____

