



## What Story Is Driving This?

***There's a script running underneath everything. Let's name it, poke it, and maybe retire it.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What situation triggered a strong emotional reaction today? \_\_\_\_\_

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2. What immediate story or interpretation did my mind jump to? \_\_\_\_\_

\_\_\_\_\_

3. Whose voice or influence do I hear in that story? \_\_\_\_\_

\_\_\_\_\_

4. Have I believed this same narrative before?  Yes  No \_\_\_\_\_

\_\_\_\_\_

5. Did I act on this belief—or did I challenge it? \_\_\_\_\_

\_\_\_\_\_

6. What part of me still benefits from holding this belief? \_\_\_\_\_

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7. What evidence contradicts the story I told myself? \_\_\_\_\_

\_\_\_\_\_

8. If this belief had a title, what would it be? \_\_\_\_\_

\_\_\_\_\_

9. What would shift if I dropped this belief, even for one day? \_\_\_\_\_

\_\_\_\_\_

10. What story do I want to start believing instead? \_\_\_\_\_

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