



## Who Was I Trained to Be?

***Not who I am. Not who I want to be. Just who I learned to be.  
Let's pull that wiring into the light.***

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

1. What moment today felt like I was 'performing' instead of being myself? \_\_\_\_\_

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2. Who taught me that showing up that way was 'right' or 'safe'? \_\_\_\_\_

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3. What belief about myself got reinforced in that moment? \_\_\_\_\_

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4. What identity do I still cling to that doesn't feel true anymore? \_\_\_\_\_

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5. Was I trying to be liked, accepted, or protected? \_\_\_\_\_

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6. What would I have done differently if I trusted my real self more? \_\_\_\_\_

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7. What parts of the 'trained me' still feel useful or comforting? \_\_\_\_\_

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8. What parts feel outdated, heavy, or fake? \_\_\_\_\_

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9. Who am I underneath that training? \_\_\_\_\_

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10. What's one step I can take to act like that version of me tomorrow? \_\_\_\_\_

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