

Relationship Support Network

Worksheet

The Story I Tell Myself Matters

"The stories we believe about ourselves quietly shape the lives we live."

After reading the article, spend a few minutes reflecting on the questions below. There are no perfect answers. The purpose of this worksheet is simply to help you become more aware of the story you may be carrying about yourself.

My Story

Each of us has an ongoing conversation inside our own mind. Sometimes we are aware of it. Often we are not.

Complete the following sentence without overthinking it.

When I think about myself, I often believe...

Where Did That Story Begin?

Think back over your life.

Was there a particular event, relationship, or season that may have influenced the way you see yourself today?

How old were you?

Who was involved?

What Have I Been Concluding?

Sometimes an event quietly becomes a conclusion.

Place a check beside any statements that sound familiar.

- ☐ I have to prove my worth.
- ☐ I don't want to disappoint people.
- ☐ My opinion probably doesn't matter.
- ☐ People eventually leave.
- ☐ I never feel good enough.
- ☐ I have to be perfect.
- ☐ My mistakes define me.
- ☐ I don't deserve success.
- ☐ I keep expecting the worst.
- ☐ I don't recognize myself in any of these statements.

Which statement affects you the most?

Looking at the Evidence

Now consider something different.

What evidence from your life suggests that your story may be incomplete?

Think about times when you demonstrated courage, kindness, perseverance, responsibility, compassion, or integrity.

A Different Perspective

Imagine someone who genuinely knows and loves you was describing your character.

What qualities would they probably mention?

Would their description be different from the way you usually describe yourself?

Why do you think that difference exists?

One Small Change

Healthy change rarely begins with dramatic decisions. It usually begins with one intentional step.

What is one small action you could take this week that reflects the healthier story you want to believe about yourself?

Reflection

Take a few quiet moments to complete these thoughts.

One thing I learned about myself while reading this article is...

One belief I want to question is...

One truth I want to remember this week is...

This Week's Challenge

Throughout this week, pay attention to the conversation taking place inside your own mind. Whenever you notice yourself making a negative conclusion about who you are, pause and ask yourself one simple question:

"Is this a fact, or is this the story I've been telling myself?"

You may discover that some of the stories you've believed for years deserve another look.

A Thought to Remember

"Your life has always been more than your hardest chapter."

Take that thought with you this week.

Whenever an old story begins speaking again, remind yourself that one chapter has never been the whole book.