

Unhelpful Narratives Worksheet

What unhelpful narratives are you running? These can be about you, others in your life, situations, organizations (your company), entities (the IRS), or just about anything else.

Start paying attention to your internal dialog. Listen for the themes (positive/negative, etc.) then listen more closely for the actual sentences you're saying. Listen for key words such as "should" or "ought" or "need to".

Also pay attention to your emotional state. Watch for feelings of "upset", which means your peace is disturbed in any way. Notice that upset and name it (hurt, embarrassment, disrespect, etc.). Then track the feeling back to a thought.

Remember: All feelings are created by a thought...every single one!

Now start capturing these narratives.

Which ones are your favorites to run?

What are your favorite topics (self, spouse, job, etc.)?

Once you have some clarity around the most common narratives, start coming up with replacement stories. Be creative and design a new narrative that serves you better. And, remember, I STILL don't care if it's factually true...only that it serves you.

Example: I'm learning to speak a language and notice feeling discouraged. I pay attention and hear myself saying "this is too hard and you're too old to learn a language". I capture the feeling and the thought. Then I come up with a more helpful narrative, such as "new things can be challenging and I've learned *many* new things in my life...I can do this". And I notice I feel something like "hopeful" or "encouraged".

Use the following pages to practice capturing low-level thoughts then upgrading them.

Old Narrative	Old Feeling	New Narrative	New Feeling

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