Think of a story you are telling yourself that limits you. It may be:

- That you can't be happy until...
- That self-care is selfish and indulgent.
- How you can't stop your anger, jealousy, or anxiety.

Choose a story that is not too upsetting so we can build the skill. Reflect on the following questions:

Is this story empowering me or limiting me?

• What sensations am I feeling in my body? When did I first feel those sensations? Which leads me to where did this story come from?

• What are the facts, and what have I added on to those facts?

Is this story true, partially true, or no longer true?

• What am I believing about myself?

• What is it like to live with this belief?

Investigate Your Story Reflection

• What stops me from letting go of this belief?

• What would my life be like without this belief?

• Who would I be if I no longer lived with this belief?

• What does the vulnerable feeling underneath the belief need?

Is it time to let go and/or rewrite my story?