



Whose Story Am I Writing?

REFLECTION WORKSHEET



WHY THIS MATTERS

We all create stories about the people around us.

Sometimes those stories are based on facts. Other times, they are shaped by our own experiences, beliefs, fears, or past interactions.

Without realizing it, we begin filling in the parts we don't know.

This reflection is an invitation to pause and consider an important question:

Am I responding to this person...or to the story I've created about them?



SIT WITH THIS



What story have I created about this person?



What facts do I actually know, and what assumptions have I filled in myself?



If this person were describing their story, how might it differ from mine?



How has my own life experience influenced the way I see this person?



WALKING FORWARD

One story I want to question:



One way I will create space for curiosity instead of certainty:



Every story has more than one perspective. Before we decide who someone is, we must first consider how much their story remains untold.

