HER ALCHEMY COACHING • REFLECTION SERIES

THE STORY I TELL MYSELF

Separating what happened from what I learned to believe

We do not experience life only through events; we also experience the meaning we give them. Over time, repeated experiences can contribute to beliefs and expectations about ourselves, other people, and what is safe or possible. Those beliefs can become a familiar self-narrative - a story we repeat so often that it begins to feel like fact.

NOTICE THE PATTERN

THE EVENT

What actually happened? Try describing only what a camera could have captured - without interpretation.

THE MEANING

What did I decide the event meant about me, other people, love, safety, worth, or belonging?

THE STORY

What sentence keeps repeating?
“I always mess things up.”
“I have to earn love.”
“I cannot trust myself.”

THE EFFECT

How does believing this story shape what I expect, tolerate, avoid, pursue, or choose today?

A familiar story is not automatically a true story.
You can honor where a belief came from while becoming curious about whether it still deserves authority over your choices.

PAUSE + REFLECT

• What story about myself have I been treating as fact?	• What experiences taught me that story?
• What evidence does not fit the old story?	• What is a more honest, compassionate story I am willing to practice?

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