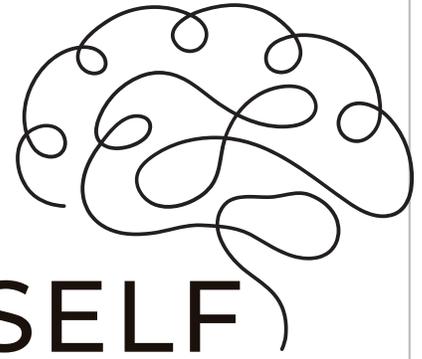


*uncovering the*  
**STORY YOU'RE  
TELLING YOURSELF**



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We all carry stories in our minds—automatic narratives shaped by our experiences, emotions, and beliefs. These “prototypic stories” often surface when we feel anxious, afraid, discouraged, or frustrated. They can subtly influence how we see ourselves, others, and the world around us. This workbook will guide you through a step-by-step process to:

- **Recall** and reflect on a situation that triggered strong emotions.
- **Identify** and **review** patterns and uncover the core beliefs beneath your reactions.
- **Challenge** and **revise** the unhelpful story your mind might be telling.
- **Transform** your response with a new, empowering perspective.
- **With an optional faith perspective**, invite God’s truth and comfort into your story as part of the transformation process.

Use this workbook whenever you notice recurring emotional struggles or thought patterns. Over time, this practice can help you break free from unhelpful cycles and build a calmer, more resilient mindset.

*Get  
Support*

Would you like  
personalized support in  
your growth and  
transformation journey?

Book a  
Consultation Session  
at [StableMinded.us](https://StableMinded.us)  
to find out how coaching  
or therapy could  
help you.



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# Step 1: RECALL the story

*Think of a situation where you felt upset, anxious, or discouraged.*

**Describe the situation:**

**Describe your thoughts/beliefs:**

About yourself?

About others?

About the "world," as in the environment?

Optional faith perspective: About God?

**Describe your emotions and rate how strong they were (0, not intense; 10, extremely intense):**

# Step 2: IDENTIFY the Pattern

*Look for a pattern or repeating theme in your experiences.*

**Have I felt this way before? In what situations?**

**What does this story seem to say about me?**

**What does this story seem to say about others?**

**What does this story seem to say about the world/environment?**

**Optional faith perspective: What does this story seem to say about God?**

**My "Prototypic" Story in One Sentence:**

*It always feels like...*

## Step 3: REVIEW the Core Beliefs

*Behind the story is often a deep belief about yourself, others, or the world.*

**What might I deeply believe that fuels this story?**

*Example: "I'm not good enough." "People can't be trusted."*

## Step 4: CHALLENGE your VIEW

*Use evidence and perspective to test if your story is fully true.*

**Evidence FOR THIS prototypic story I'm telling myself:**

**Evidence AGAINST this story:**

**Are there EXCEPTIONS to this story? Times it wasn't true?**

## Step 5: REVISE Your Story

*Create a new, balanced story that feels truer and more empowering.*

**Revised Story:**

## Step 6: TRANSFORM Your Response

*Decide how you will respond differently next time this story shows up.*

**Helpful action or coping strategy:**

**How does this new story make you feel compared to the old one?**



# STABLEMINDED

*stabilize to thrive*

## COACHING

Coaching is ideal for clients who have a specific goal in mind and would like short-term targeted support on the journey.

## COUNSELING

Counseling is best suited for clients who recognize that the block to moving forward and experiencing emotional wellness is locked up in a mindset or habit that needs to be uncovered and healed.

## RESOURCES

Designed to support the growth journey, Stableminded courses target specific growth techniques and skills development.

*learn more at*

[STABLEMINDED.US](https://STABLEMINDED.US)