

How to Start Telling a New Better Feeling Story Worksheet



By Kidest OM



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All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

Exercise Description



This worksheet integrates evidence-based practices from cognitive psychology, behavioural science, and neuroscience research to enhance personal performance, decision-making capabilities, and improve your results.

The goal of each exercise is to make your current unconscious story or narrative on a situation a conscious one. From that conscious awareness, you will be able to reshape the current story into a more empowered and resourceful one.

The exercise guides you through a systematic process of examining and reshaping internal narratives—a method supported by decades of research demonstrating how our mental stories directly influence our actions, choices, and results.

Every story or internal narrative you create and tell is a combination of imagery, language patterns, emotional tones, and behaviours. The following prompts will help you explore these different components of your current internal narrative.



Instructions

This worksheet is designed to help you develop an **empowering growth mindset** through three science-based exercises. Each exercise builds on neuroscience research showing that awareness, reframing, and reflection strengthen neural pathways that support growth-mindset thinking.

- Find a quiet space where you can reflect without interruption
- Be honest and specific in your responses
- Take your time with each exercise - depth matters more than speed
- Return to these exercises regularly to reinforce new neural pathways

Exercise 1: Measure the Cognitive Content



The Scientific Basis

The cognitive assessment section draws on cognitive reappraisal research, which shows that changing how we interpret situations improves emotional regulation and problem-solving abilities (Troy et al., 2010). When we consciously examine our interpretations and explanations for events, we create opportunities to identify cognitive distortions that may be limiting our performance. Narrative psychology research demonstrates that the stories we tell ourselves about our experiences significantly influence our behaviour and outcomes (Yanos et al., 2010). By making these unconscious narratives conscious, we gain the capacity to evaluate whether our current story serves our goals.

Exercise 1: Measure the Cognitive Content



PROMPT	
What story do I have going on in this area?	
What do I think is happening or has been happening?	
How am I describing this situation to myself?	
How have I described this situation to others?	
What's my current interpretation for why this situation is happening?	
What reasons do I perceive as being behind why I'm getting these results?	

Exercise 2:

Measure the Behavioural Content



The Scientific Basis

The behavioural assessment section is grounded in behavioural activation research, which emphasises the importance of identifying both action and avoidance patterns (Gu et al., 2022). Research consistently shows that avoidance behaviours limit opportunities for positive reinforcement and skill development, while approach behaviours are associated with improved outcomes and increased resilience. By documenting our actual behaviours and avoided actions, we can identify patterns that may be limiting our performance, even when our intentions are positive.

Exercise 2: Measure the Behavioural Content



PROMPT	
What choices have I been making?	
What choices have I avoided?	
What actions have I taken in this situation?	
What actions have I avoided in this situation?	
Is there any other behavioural pattern in this situation that occurs to me to make note of?	

Exercise 3:

Measure the Emotional Content



The Scientific Basis

The emotional assessment component leverages affect labelling research from neuroscience. Studies demonstrate that putting feelings into words—a process called affect labelling—reduces emotional reactivity and improves cognitive functioning (Torre & Lieberman, 2018). When we accurately identify and name our emotions, we activate brain regions associated with emotion regulation while decreasing activity in areas that generate emotional distress. This enhanced emotional awareness enables us to employ more adaptive strategies in challenging situations (Subic-Wrana et al., 2010). Clear emotional awareness is particularly crucial for effective decision-making, as unacknowledged emotions can drive choices in ways that contradict our stated goals.

Exercise 3: Measure the Emotional Content



PROMPT	
What emotions am I feeling about myself as it relates to this situation?	
What emotions am I feeling about others?	
Which emotions are recurring?	
What's the overall emotional tone of my current story?	

Additional tools: Use the feeling wheel if needed to identify and name the specific emotions related to this situation.

Exercise 4:

Cognitive Reframe



The Scientific Basis

The reframing section utilises linguistic distancing techniques supported by psycholinguistic research. Studies show that using language to create psychological distance from past patterns—such as framing experiences in past tense—facilitates emotional regulation and cognitive flexibility (Nook et al., 2022). This linguistic shift from "I am" to "I was" or "I used to" creates mental space between our current identity and previous patterns, making it easier to adopt new behaviours. Research in construal-level theory indicates that psychological distance enables higher-level, more abstract thinking, which enhances strategic planning and goal pursuit (Trope & Liberman, 2010).

Cognitive Reframe Instruction



Begin to use reframing language around the old story to give yourself more psychological distance from the old memorised narrative.

You can write out the old story with the reframes to give yourself that conscious cognitive distance around the old pattern.

Exercise 4: Cognitive Reframe



PROMPT	
My old story was...	
My old belief was...	
The old program I was running said...	
The old behaviour was...	
I used to think...	
I used to feel...	
I used to say...	
I used to believe...	

Exercise 5:

Shaping Your New Better Feeling Story



Make use of language patterns or word choices that are possibility-minded and keep you empowered. Focus on your strengths, your resilience, your capacity, your progress and accomplishments so far, your successes, the universal support available to you, and any other point of focus you can think of that is based in empowerment.

You can also do a five-minute gratitude practice to get yourself into a better-feeling state before writing out how you want to think, feel, and behave in this situation.

Exercise 5: Shaping Your New Better Feeling Story



PROMPT	
What and how do you want to think?	
What and how do you want to describe the situations in front of you?	
What do you want to see yourself saying to yourself and others?	
How do you want to feel about yourself?	
What behaviours and actions do you want to see yourself taking?	



Next Steps

You've completed five powerful exercises for consciously transforming your internal narrative. Remember:

- Review and update these responses weekly to track your progress
- Practice your reframed thoughts daily to strengthen new neural pathways
- Take at least one action step from your new internal narrative.
- Celebrate small wins along the way - progress compounds over time

Based on research in neuroplasticity, cognitive psychology, and growth mindset theory



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Kideſt OM (Kideſt Mengiſtu) is an author, teacher, and conſcious evolution coach whose work bridges ſcience, ſpirituality, and the art of conſcious creation. Through her books, courses, and teachings, ſhe helps individuals expand their conſciousneſs, ſtrengthen their energetic coherence, and manifeſt deeply fulfilling realities.

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