

WORKSHEET – HOW TO START TELLING A NEW BETTER FEELING STORY

The goal of this 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.

Every story or internal narrative you create and tell is a combination of imagery, language patterns, emotional tones, and behaviors. The following questions will help you make conscious and explore these different components of your chosen internal narrative.

Pick a specific life area or situation where you want new results or better results, grab a notebook or piece of paper, and answer the following questions.

ASSESS THE COGNITIVE CONTENT

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?

ASSESS THE BEHAVIORAL CONTENT

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 behavioral pattern in this situation that occurs to me to make note of?

ASSESS THE EMOTIONAL CONTENT

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

How do I feel about myself as it relates to this situation?

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How do I feel about others?

What emotions are recurring?

What's the emotional vibe of my story?

REFRAME

Begin to use reframing language around the old story to give yourself more psychological distance from the old memorized narrative. You can write out the old story with the reframes to give yourself that conscious cognitive distance around the old pattern.

My old story was...

My old belief was...

The old program I was running was...

My old behavior was...

I used think...

I used to feel...

I used to say...

I used to believe...

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.

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 behaviors and actions do you want to see yourself taking?

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