WORKSHEET **Fact vs. Story**

*Pick one comment, message or moment that stung. Fill in each line.*

The moment (when, where, who): _____

What happened (only what a camera could record): _____

_____

What I told myself (my story, word for word): _____

_____

The feeling I noticed (one word): _____

Story signals I can spot: ☐ Mind-reading ☐ Forecasting ☐ A label about me

Two other possible explanations: 1. _____

2. _____

What I could do to find out more: _____

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