CHECKLIST Story-Spotting

After a sting, tick what fits. Then fill in the two lines at the bottom.

The feeling family:

☐ Hurt ☐ Embarrassed ☐ Angry ☐ Anxious ☐ Ashamed ☐ Disappointed

Where I felt it in my body: _____

The story or stories I noticed:

☐ 1. Angry-at-Me: "They're mad at me."
☐ 2. My-Fault: "I must have done something wrong."
☐ 3. Verdict: "They think I'm not good enough."
☐ 4. Leaving-Me-Out: "They don't want me around."
☐ 5. Always: "This always happens to me."
☐ 6. Audience: "Everyone noticed, and everyone is judging."
☐ 7. Fixer: "It's my job to make them feel better."

☐ Another story: _____

My two sentences:

I feel _____.

I notice I'm telling myself _____.

My most frequent story this week: _____

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