

Inner Narrative Noticing

Becoming aware of the stories that quietly accompany your days

What thoughts, phrases, or inner comments do I notice repeating lately?

A rectangular grid of 100 small black dots arranged in 5 rows and 20 columns. The dots are evenly spaced and form a continuous pattern across the entire area.

Are there familiar stories I tell myself about who I am, how things go, or what to expect?

A rectangular grid of 100 gray dots arranged in 5 rows and 20 columns. The dots are evenly spaced and form a continuous pattern across the entire area.

When these narratives appear, how do they tend to shape how I feel or move through the moment?

A 5x20 grid of small black dots on a white background. The dots are arranged in five horizontal rows and twenty vertical columns, creating a pattern of 100 dots in total.

REFLECTION: What I notice simply by seeing these narratives written down:

A 5x10 grid of 50 small black dots arranged in five rows and ten columns. The dots are evenly spaced and form a rectangular pattern.

Noticing a story doesn't mean you have to change it; it simply lets you see it more clearly.