



# Inner Narrative Noticing

*Becoming aware of the stories that quietly accompany your days*

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

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

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

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

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