Rewrite Your Social Story

Reflection Worksheet | 10/6/25 - Week 1

What's a story I've told myself about why connection is hard for me?

♦ (Example: "I'm too introverted," "I never say the right thing," "Other women already have their group")
Write your response:

***** Where did that story come from? Is it still serving me?

♦ (Think: Was it based on an old experience? A comment someone made? A protective belief?)
Write your response:

What new story would I like to write about myself and how I show up in social settings?

♦ (Example: "I bring calm energy," "I'm learning to be brave," "I deserve connection, too.")
Write your response:

What is one small action I can take this week to connect more intentionally?

♦ (Send a message, join a class, make eye contact and smile, say "hello" at that thing you're attending...)

Write your response:

🌻 Affirmation:

"I release the story that I'm not enough. I open my heart to new connections, knowing that my presence matters exactly as it is."