# TELLING OURSELVES STORIES Worksheet

|  | **Old Story** | **Do a Check-In** | **New Story** |
| --- | --- | --- | --- |
| **The action I intend to take …** |   |   |   |
| **The belief I adopt is …** |  |
| **The conclusion I draw …** |  |
| **I assume this means …** |  |
| **I notice (facts only) …** |  |