

There Is “More To My Story” Exercise

This exercise helps us recognize that there is more going on in our story. We are quick to blame others in avoidance of our own pain. When we slow down and feel what we are feeling, it helps us to see ourselves differently. When we realize that pain and unmet need cause us to hurt others, we can then give ourselves compassion and prioritize who we are over what we do.

My Story Script”

I have treated _____unkindly.

But really I am _____ (sad, scared, lonely).

I need _____(list emotional needs)

Conclude with:

“I am not a villain and I would have never acted that way if my pain was comforted and my needs were met.”

Emotional Need List:

Seen

Heard

Accepted

Play

Taught

Protected

Provision

Valued

Enough

Affection