



Virtual First: Communication Kit

Simple story worksheet

Notice, evaluate, and challenge the story you're telling yourself below.

What story are you believing about the other person right now?

(Ex: My boss hates my work)

Can you absolutely know it's true?

Yes, totally

No so much

**How do you react (feelings, sensations, behaviors) when you believe this story?
Does it cause you peace or stress?**

Turn your story around, to a more balanced / less stressful version.

Give 3 specific examples (or "evidence") of how your balanced story is true.
