

Worksheet Based on Narrative Psychology

Stories That Empower vs.

Stories That Drain:

**Understanding the Emotional Impact of the
Stories You Live By**

Introduction:

Every story we carry creates an emotional atmosphere inside us.

Some stories give us strength, clarity, and calm.

Others quietly drain our energy, shrink our confidence, or keep us stuck.

This worksheet helps you **notice the emotional effect** of your inner stories — without trying to fix or fight them.

Reflection:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Self-Reflection Worksheet

1. Stories That Empower Me

Which stories make me feel stronger, calmer, or more grounded?

Which inner narratives help me move forward with clarity or self-trust?

Write freely:

[illegible]

2. How These Stories Support Me

What emotions arise when I live from these empowering stories?

How do they influence my actions, decisions, or relationships?

Reflect gently:

[illegible]

3. Stories That Quietly Drain Me

Which stories subtly exhaust my energy or shrink my sense of self?

(These may sound logical, familiar, or “true,” yet feel heavy.)

Notice without judging:

[illegible]

4. The Emotional Cost of Holding On

What do I lose—emotionally or mentally—when I keep believing these draining stories?

How do they affect my peace, confidence, or connection with others?

Be honest and compassionate:

[illegible]

5. Loosening the Grip

If I loosen my hold on these draining stories—even slightly—
what space, emotion, or possibility might open within me?

Write whatever feels alive right now:

[illegible]

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