



Narrative Identity Reflection Prompts

Story Awareness

- What thought about yourself do you find yourself repeating most often?
- When do you feel most confident, and what story are you telling yourself in those moments?
- When do you feel most doubtful, and what story accompanies that doubt?
- What situations trigger the strongest emotional reactions in you?
- What beliefs about yourself feel so familiar that you rarely question them?

Origins of the Story

- What experiences taught you what was considered "acceptable" in your family?
- What messages about success or failure did you absorb growing up?
- What stories about your identity were repeated to you as a child?
- Which significant life event changed the way you saw yourself?
- What beliefs have you carried forward simply because they were never challenged?

Identity Exploration

- What values are most important to the person you want to become?
- What qualities do others see in you that you sometimes overlook?
- What parts of yourself feel underdeveloped or unexplored?
- When do you feel most aligned with your authentic self?
- If you could describe yourself without using roles or achievements, what would you say?

Challenging the Narrative

- What would change if you stopped treating this belief as a fact?
- How would someone who cares deeply about you view this situation differently?
- What evidence supports a more empowering interpretation?
- What assumptions are you making that may not be true?
- If this story belonged to someone else, what advice would you give them?

Re-Authoring Identity

- What belief would better support the future you want to create?
- What strengths have helped you overcome challenges in the past?
- What qualities do you want to embody more fully?
- What would it look like to live from possibility rather than limitation?
- What is one action you can take today that reflects your emerging identity?

Bonus Reflection Questions

- What story am I ready to release?
 - What story am I ready to begin living?
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