



Episode 2 Reflection Companion

The Stories We Tell Ourselves: Noticing How Beliefs Shape Emotions

This reflection sheet is for personal growth, learning, and self-awareness. It is not professional therapy, medical advice, or treatment. This is for self-reflection only and is not a substitute for professional therapy.

- **Step 1: Spot the Emotion**
 - Think of a recent moment when you felt a strong emotion (frustration, sadness, joy, anxiety, or another). Write it down in one sentence.
 - *Examples:*
 - *“I felt anxious when my friend didn’t reply to my message.”*
 - *“I felt frustrated when I made a small mistake at work.”*
 - Your Turn: _____

- **Step 2: Trace Back to the Belief**
 - Ask yourself: What belief might be shaping this emotion?
 - Try completing the sentence:
 - “This happened, so I took it to mean _____.”
 - “This situation must mean _____.”
 - *Examples:*
 - *“If someone doesn’t reply, it must mean they don’t value me.”*
 - *“If I make a mistake, it must mean I’m not good enough.”*
 - Your Turn: _____

- **Step 3: Notice the Pattern**
 - Do you see this belief appearing in other areas of your life? Write down where you notice it showing up.
 - *Examples:*
 - *“I notice this belief in my friendships and at work, I assume silence means rejection.”*
 - *“I see this belief at school, at home, and at work. I feel unworthy when I make mistakes.”*
 - Your Turn: _____

- **Step 4: Observe, Don’t Fix**
 - Resist the urge to argue with the belief or immediately “fix” it. Simply notice it. Highlight, circle, or underline it.
 - Awareness is the first step to understanding patterns in your thinking.
 - *Example:*
 - *Belief: “If I make a mistake, I’m a failure.”*
 - *Observation: “When I notice this thought, I feel tension in my chest and a quick urge to apologize or fix things immediately..”*
 - **The idea is to write down what you notice about the thought and your reaction, not to argue with it or try to change it yet.**
 - Observations: _____

- **Step 5:** Reflection Prompt
 - Write a short reminder to yourself for the week ahead. Focus on observation, not perfection.
 - *Examples:*
 - *“My emotions make sense, but they are not the whole story.”*
 - *“A belief is just a lens, not a fact.”*
 - Your Turn: _____

Tip:

Keep this sheet handy and revisit it when you notice strong emotions. Each time you observe a belief without judgment, you strengthen your ability to see patterns and choose how to respond.

Disclaimer: This reflection is intended for personal exploration and self-reflection only. The ideas shared here are inspired by principles from Logic-Based Therapy, as interpreted and applied by the author. This content is not a substitute for professional therapy, counseling, or medical advice. If you experience distressing emotions or need additional support, please consider reaching out to a qualified mental health professional.