

How to Grow From Your Past Without Getting Stuck In It (Worksheet)

This worksheet helps you slow down automatic reactions and see the difference between what happened and what it reminded you of. Use it anytime you feel pulled into an old pattern. The goal is to pause, get clear, and make space for a response that fits who you are now.

1. What happened

Describe the moment as simply as you can. Stick to what you saw or heard. For example: They did not text back. Their tone was sharp. They sighed during the conversation.

2. What it reminded you of

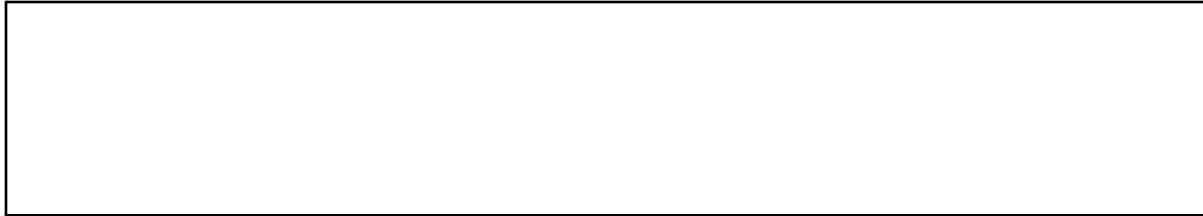
Name the older memory, feeling, or pattern that got activated. For example: It felt like when my friend stopped talking to me. It reminded me of past criticism. It felt like every old argument.

3. Facts and story

Write the facts on one line and the story your mind created on another. For example: Fact: They took a long time to reply. Story: I must have done something wrong.

4. What else could be true

List other possible explanations that fit the facts. For example: They were busy. They were tired. They did not notice the message.



5. One small experiment

Choose one different response to try next time. Keep it small and realistic. For example: Wait ten minutes before reacting. Ask a simple question to clarify. Take one breath before responding.

