

own your story

REWRITING PORTRAITS OF YOU



WWW.GIRLSGONEHAPPY.ORG



GIRLS
GONE *happy*



introduction

This template will lead you through a guided reflection activity to help you bring those stories to the surface, and make a conscious decision about whether you agree with them and want to keep telling yourself these stories about you, or whether you want to say goodbye to these portraits of yourself, and create a new one.

There's no right or wrong answer - the purpose is to help make these narratives about yourself conscious - bring them in front of your eyes so you can see them, instead of just having them running on automatic in the background. That way, you can make an actual choice about whether or not you want to keep, edit, or toss them.



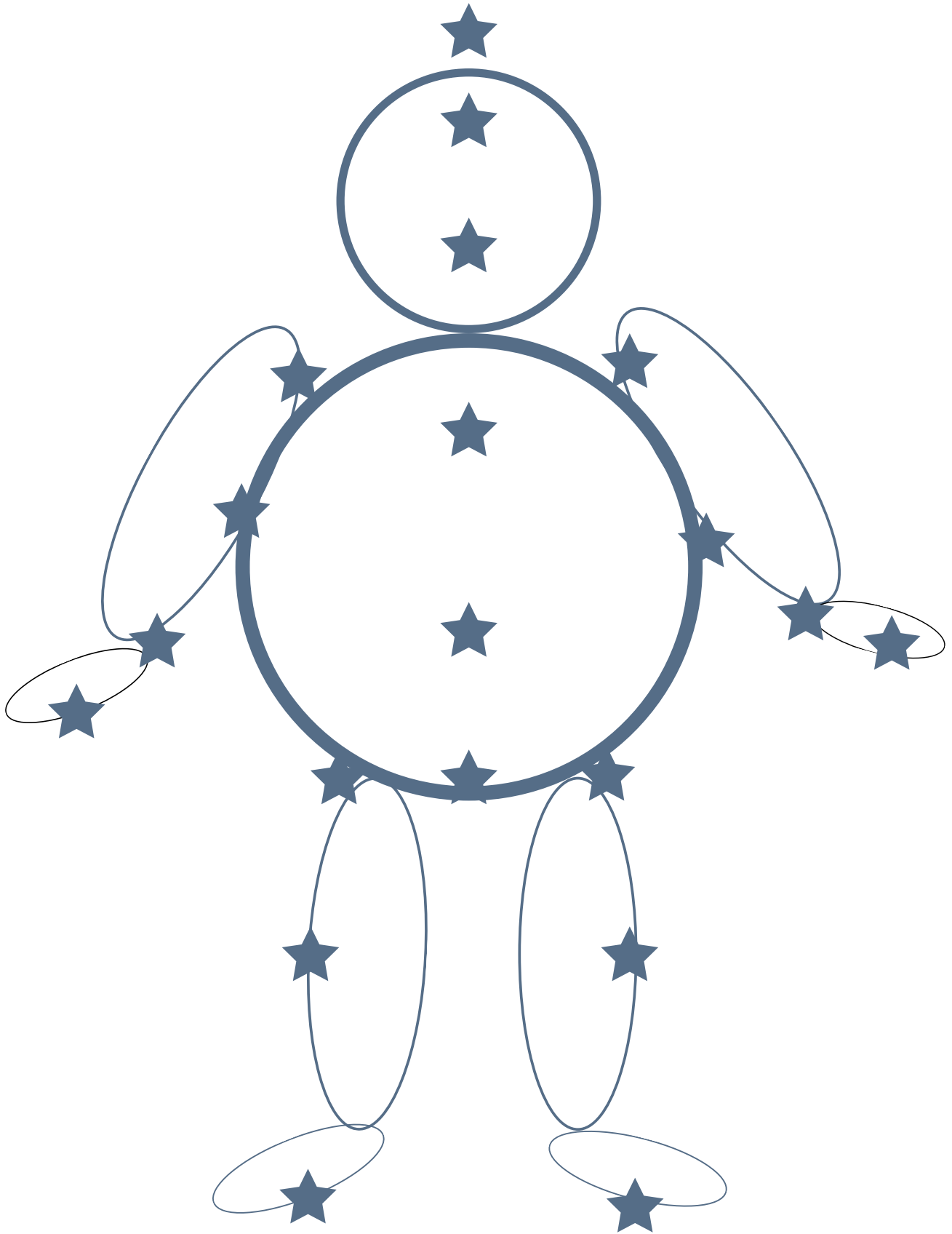
part one: directions

You will now move your awareness down your entire body. Take one hand, and you're going to place it on each part of your body, starting at the top of your head and working your way down to your feet. At each point, pause. Listen for what story you're holding on to that part of yourself. You can record it on the drawing on the next page, next to the corresponding body part, or on pages 4 and 5 where there are spaces to write your notes.

suggestions for the activity:

- Ask out loud "what do I think about you?" as you place your hand on your body part, and say out loud the first thing that pops into your mind. Record yourself with a video on your phone, or a voice text recorder. When you're done, play back the recording, and write down your answers on your paper, or on the free template.
- Close your eyes and listen to any thoughts or intuitive messages that pop up as you place your hand on that part of your body. Then open your eyes and write them down on the corresponding area of your drawing.
- Do this activity with a friend - have them place their hand on your head, shoulders, arm, etc, moving from your head to your feet. Say out loud whatever comes to mind when they touch each part of your body, and have them write down what you say on the corresponding area of your drawing. Or, place your own hand, and say your own answer out loud, with your partner recording your answer on the paper.

portrait of you: stories you hold inside



what's held inside

YOUR BODY



CROWN/HAIR

FOREHEAD

MOUTH

CHEST

SHOULDERS

HEART

WAIST

STOMACH

what's held inside

YOUR BODY



ELBOWS

WRISTS

HANDS

HIPS

GENITALS

THIGHS

KNEES

FEET

patterns of what's inside

YOUR BODY



REPEATED WORDS, FEELINGS, OR IMAGES:

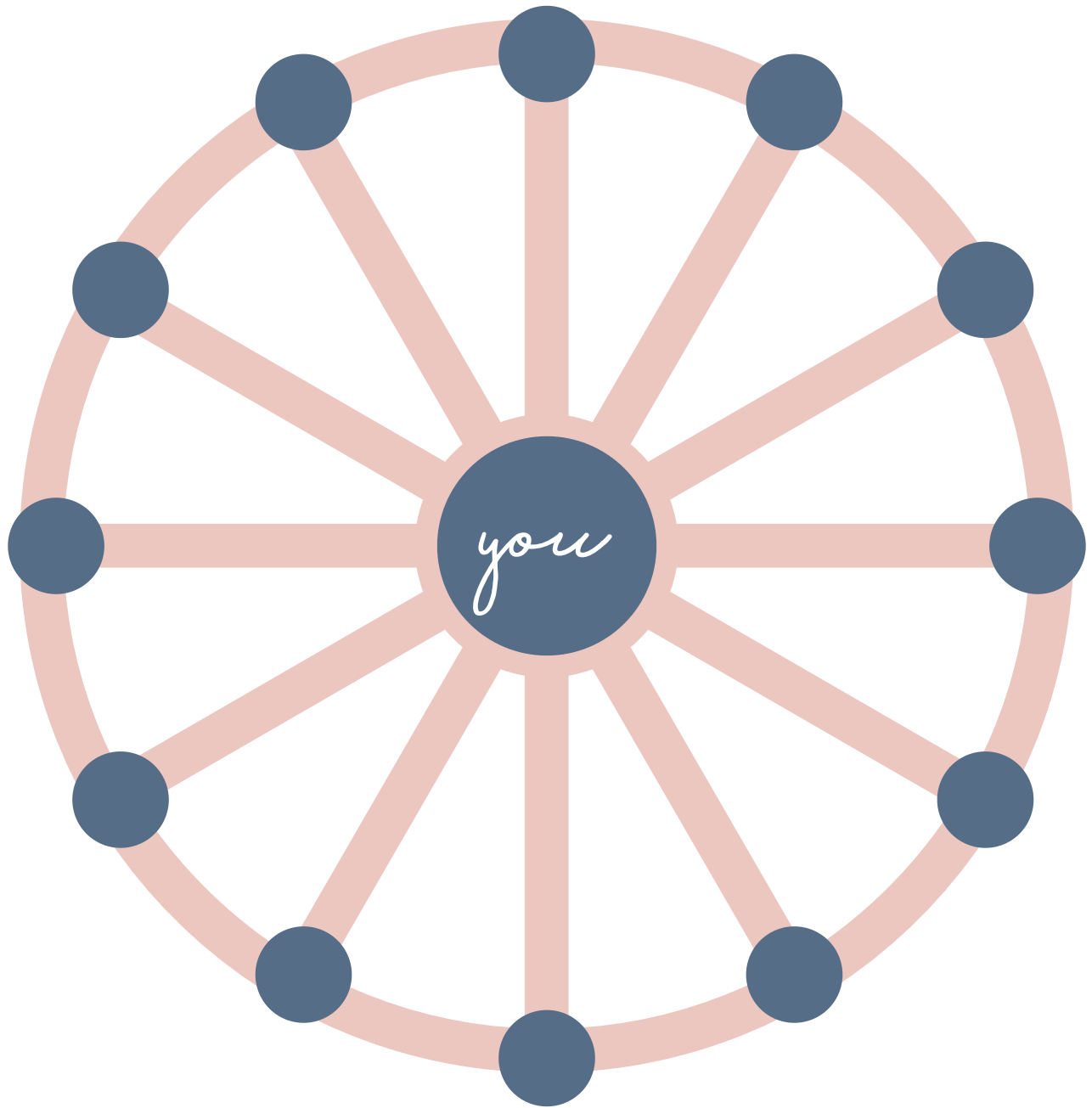
A large, empty rectangular box with a light pink background, intended for writing repeated words, feelings, or images.

INITIAL THOUGHTS/ MEANING FOR YOU:

A large, empty rectangular box with a light pink background, intended for writing initial thoughts or meaning for the user.

part two: directions

- On the wheel on the next page, write important people's names in the little circles at the ends of the spokes. Choose one color for yourself, one color for other people. On the line between the two of you, write one word that characterizes the story you have of how *you* were towards that person, in the "you" color.
- Remember - this is not necessarily what you felt towards them, but what story you were told about your relationship to that person (*ex: if you were told you were a difficult child, you would write that on the line to your parents, even if you didn't believe that about yourself, or intend to be that way*).
- On the other side of the same line, use the "other" color to write 1-2 words that describe the story you were told about what you *received* from them. Again, you're writing the story you were told, not necessarily what you felt. For example: a parent might have told you they sacrificed everything for you, even if you didn't feel that way; this is the story you were told, so it is what you'd write on the line.
- Once you have finished your wheel, move on to the next page. Write all the "you" words in one cluster. Write all the "other" words in another cluster. What patterns do you see in each? Once you've noticed some repeated phrases, feelings, or images, take a moment to write down 1-2 sentences that summarize the main themes of your writing. Try writing it as an "I am" statement.
- When you have completed this, draw a Question Card from the Clarity Deck and write your thoughts on how it relates to the writing you have done. You can return to our blog and YouTube channel if you need us to draw cards for you.



portrait of you

IN RELATION



WORDS ABOUT WHAT YOU "GAVE" TO OTHERS

A large, empty rectangular box with a light pink background, intended for writing words about what the user gave to others.

WORDS ABOUT WHAT YOU "RECEIVED" FROM OTHERS

A large, empty rectangular box with a light pink background, intended for writing words about what the user received from others.

SUMMARY OF THE MAIN IDEAS FROM THESE TWO LISTS

A large, empty rectangular box with a light pink background, intended for writing a summary of the main ideas from the two lists above.

reflecting deeply with

CLARITY DECK



CARD #1:

CARD #2:

MY THOUGHTS:

MY THOUGHTS:

CARD #3:

CARD #4:

MY THOUGHTS:

MY THOUGHTS: