



STORY MINING

A Free Sample

*from The Clinician's Guide
to The Mini Dig*

This is Reflection One of seven, in full - offered freely, so you can evaluate the guide's actual depth before purchasing. The complete Clinician's Package is available at storyminingguide.com/for-clinicians-and-practitioners.

REFLECTION ONE

Getting in Touch with Your Own Mind

CLINICAL THEMES TOUCHED

Identity confusion, self-trust

WHAT THIS REFLECTION OFFERS THE READER

This prompt asks the reader to isolate a single belief, want, or feeling and trace its actual origin - is it theirs, or was it absorbed under pressure from someone else's influence? For clients whose sense of self has become enmeshed with a controlling partner, parent, or other high-control relationship, this kind of boundary is often invisible until it's named explicitly. Most clients in this position have never been asked to separate "what I think" from "what I learned to think in order to stay safe" - this prompt creates that distinction gently, without requiring them to first identify or process the relationship itself.

WHY THIS MAY BE CLINICALLY USEFUL

The second half of the prompt - asking when the client first realized they were "allowed" to have a mind of their own - often surfaces a specific, concrete memory rather than an abstract answer, which can be a productive entry point in session. Because the reflection asks the client to notice rather than defend a position, it tends to lower resistance compared to more direct questions about autonomy or self-worth.

POSSIBLE USE

Effective as a between-session reflection assignment, allowing the client to sit with the question privately before bringing any insight into the therapeutic relationship. Also usable as a brief in-session grounding exercise for clients who are actively rebuilding a sense of independent identity. This reflection tends to be more grounding than activating, and is generally well-suited to independent reflection without requiring direct clinical support beforehand.

One Reflection of Seven

This is one complete entry from the full Clinician's Guide - clinical themes, suggested use, and pacing guidance for Reflection One. The complete guide includes this same depth for all seven reflections, plus a quick-reference chart and practical implementation strategies - bundled with the adapted Mini Dig itself and a condensed Session Companion for quick or in-session use. Available as an individual license, or as a practice-wide option for multiple clinicians:

View the Clinician's Package at:
storyminingguide.com/for-clinicians-and-practitioners.

Unearthing the gold in you.
- Regina