



STORY MINING

A Free Sample

from The Mini Dig:

A reflective experience for anyone after, or within, a controlling or harmful relationship

This is Reflection One of seven - offered freely, so you can experience Story Mining before deciding if it's right for you. The complete Mini Dig is available at storyminingguide.com/the-mini-dig.

One

This first reflection is about your own mind - and whether you ever got to make it up for yourself.

Think about what you believe. What you want. What you like, feel, hope for. So much of that, for so long, may have been shaped by someone else - their opinions becoming yours, their preferences becoming yours, your sense of what was okay to say or want passing through them before it ever reached you. Not by your choice; under pressure, and so gradually you may never have noticed it happening.

But your mind is yours; it always has been. And the fact that you're here, reflecting, means it's awake and ready to be heard.

Can you think of something you believe, want, or feel today that is genuinely, originally yours and not anyone else's? And can you remember when you first realized you were even allowed to have a mind of your own?

STORY MINING

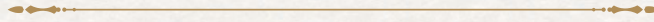
GOING DEEPER

- What's an opinion you hold now that you would never have dared to hold - or even known you were allowed to hold, until recently?
- When you are/were with them, whose thoughts were you actually thinking? Whose voice was in your head when you decided what was acceptable to say or do?
- Was there a moment - maybe small, maybe recent - when you caught yourself thinking "wait, that's not what I think" or "actually, I want something different?" What was it?
- If no one could tell you what to think for one full day, what might you discover you actually believe?

BEFORE YOU MOVE ON

Notice something: the very fact that you can see this now - that you can recognize you didn't always get to make up your own mind - means your own mind is ready to take on more control over yourself, your thoughts, your actions and beliefs. You're meeting the inner you who is finally, maybe for the first time, getting to speak - right on time. Welcome!

STORY MINING



If this reflection resonated, the complete Mini Dig continues with six more - each building on the last, moving toward a genuinely new sense of who you are.

The Mini Dig is available in two versions, built for different situations. Find the right one for you at storyminingguide.com/the-mini-dig.

Unearthing the gold in you.

- Regina

If you need support

You don't have to be in crisis to reach out. If anything in these reflections stirred something that feels urgent - or if you simply need someone to talk to - help is available, any time, day or night.

National Domestic Violence Hotline 1-800-799-7233 · Text START to 88788
thehotline.org

If you're experiencing a different kind of crisis, the 988 Suicide & Crisis Lifeline is available 24/7 — call or text 988.

Crisis Text Line Text HOME to 741741

You are not alone.

