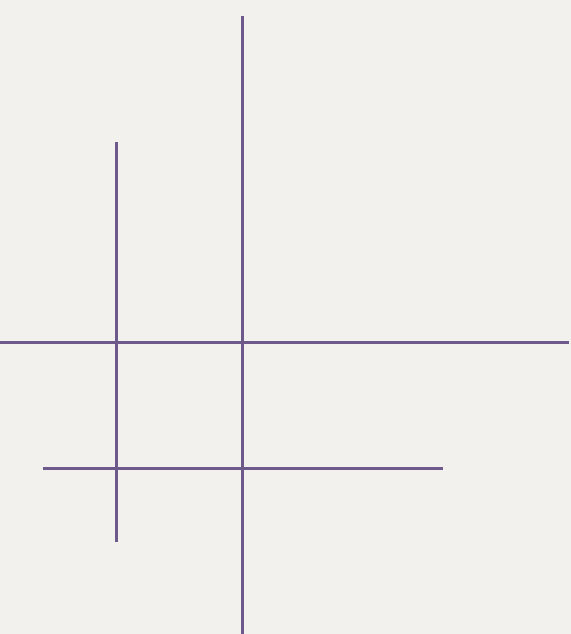


The Internal Foundation Workbook

Recognizing What's Been Running You —
So It Can Shift

Vicki Beale



Before You Start

This is not something to get through.
You don't need to complete everything.
You don't need to do this perfectly.

This is not about doing more.
It's about seeing something clearly.

If something stands out, stay there.
That's where the shift begins.

Movement 1 — Seeing the Pattern

You've already read about the premise.
Now we make it real.

Think about a recent performance.

Not your best.
Not your worst.
Just a real one.

Where did something shift?

Before
During
After

Write what was going through your mind in that moment.

Not what you think you should say.

Write it exactly how it sounded.

Now read it back.

Slowly.

Without changing anything, answer this:

What does that sound like?

Is it trying to get it right?

Trying not to mess up?

Trying to prove something?

Now go one step further:

If that thought were true...

What would it mean about you?

What you're looking at is not random.

It's a pattern.

Movement 2 — What It's Attached To

Most people stop at the thought.
But the thought isn't the real thing.

Look at what you wrote.

**When things don't go well...
What do you make it mean?**

What does that say about you?

Now shift slightly.

When things do go well...

How do you feel?

And how long does it actually last?

What am I relying on to feel good enough?

Not what you want the answer to be.

What's actually true?

Stay with this for a moment.

You may start to see something:

It's not really about the performance.

Movement 3 — Creating Space

This is where things begin to shift.
Not by forcing anything.
But by seeing it differently.

Look back at what you wrote.

That thought.
That reaction.
That meaning.

Is this actually true?
Or is this something I've learned to believe?

Don't try to answer it perfectly.
Just notice what comes up.

If this is a pattern...

What happens when I stop treating it like the truth?

You don't need to figure it out.

Just sit with that.

There is a difference between
something being true
and
something feeling true

And once you start to see that,
you don't relate to it the same way.

What you may be noticing

You didn't fix anything.

You didn't force anything.

But something may feel different.

Even slightly.

Things feel a little less heavy

You're seeing your reactions more clearly

You're not as pulled into every thought

That's the shift.

Final Reflection

What am I starting to see now that I didn't fully see before?

What feels even slightly different?

You don't need a perfect answer.
You just need to see, to become aware.

If You Want to Go Further

There is a difference between seeing this once and learning how to live from it.

That's where the deeper work begins.

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