Old Myths & the Pendulum

Clear away the old stories so a healthy, right-sized definition has room.

1. Old Myths About Humility

What negative story did I used to believe about being humble or asking for help?

Check all that resonate:

☐ Being a doormat ☐ Looking weak

☐ Self-hatred ☐ Losing independence

2. My Pendulum Check

When stress hits, do I tend to swing into feeling "larger than others" (control/judgment) or "smaller than others" (shame/hiding)?

☐ Larger than others ☐ Smaller than others

My True-Size Definition

Neither giant nor shadow: one honest human being.

3. My True-Size Definition

In one plain sentence, what does standing calmly at my honest human size look like for me today?

Notes