

Module 2 Narrative Disruption Introduction

This module helps you explore the subtle stories shaping your sense of self — and soften them. It's gentle, identity-facing, and ideal for those feeling boxed in by inner scripts. Use it to notice what stories have been running — and rewrite the ones you've outgrown.

Module Contents:

- Narrative Disruption
 - Narrative Mirror Support Guide
 - Pre-Seeded Story Reflection Series
 - Weekly Reset Ritual
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✧ How to Hear Your Story More Clearly

Pause here. Breathe once. You're not rewriting — you're meeting something inside you again.

This isn't about rewriting — it's about seeing your story with new eyes. This is your Story Studio — a soft space to examine, adjust, and let something truer emerge.

- Enter gently — even a small, familiar sentence is enough. Begin with something you often tell yourself.
- Notice what the story touches — where it stings, shields, or sticks. Trace where it came from and what emotions or fears it might be guarding.
- Feeling stuck? LoopLens isn't here to answer — just to reflect what might be underneath. Try asking: "What feels hardest to say out loud?" instead of "Why do I always do this?"

Stories don't finish — they evolve. Meeting one again with new clarity is how repatterning begins.