Exercise Sheet 1: Exploring Your Visibility Stories

Uncovering the Stories That Hold You Back

Introduction

Visibility challenges are often rooted in the stories we tell ourselves about being seen. These stories may have been shaped by past experiences or inherited from family or cultural influences. This exercise will help you identify and shift those stories so you can step into your authentic visibility.

Part 1: Discovering Your Stories

1. Reflect on Past Experiences

Think about a time when you hesitated to step into the spotlight or share your work.

• What happened in that situation?

How did you feel in your body (e.g., tense, anxious, or frozen)?
What did you tell yourself about why you couldn't or shouldn't be visible? (Example: "I was asked to speak in a meeting, but I froze. I felt my throat tighten and told myself I wasn't prepared enough.")

2. Identify the Root Belief

Look at the thoughts you had in that moment. What underlying belief

- might they point to?
- Common examples:
- "It's not safe to be seen."
- "I'm not good enough."
- \cdot "People will judge me."

Part 2: Rewriting the Narrative

1. Challenge the Belief

Choose one belief and ask yourself: • Is this story absolutely true? • What evidence do I have that supports it? • What evidence do I have that challenges it? (Example: "I believed I wasn't prepared, but I actually had all my notes and experience. The fear wasn't about preparation—it was about perfectionism.")

2. Create a New Story

Rewrite the belief into an empowering statement. • Original story: "It's not safe to be seen." • New story: "It is safe for me to share my voice. My ideas are valuable."



3. Anchor the New Story

• Write your new story somewhere you'll see it daily (e.g., a journal, sticky note, or phone screen).

• Repeat it to yourself whenever visibility challenges arise.

Closing Reflection

Take a moment to celebrate your willingness to explore these stories. Awareness is the first step to transformation. Remind yourself: Visibility is a practice, and you're building it one step at a time.