

The Name You Call Yourself

Swap the name you call yourself for a plain description of what happened.

WHEN TO USE THIS

Use this after you have called yourself something you would never call a friend.

What do you call yourself when things go wrong?

Whose voice does it sound like?

What did you actually do? Describe it without the name.

Say what happened, the way a camera would show it.

What would you call the version of you that is still trying?

A name sticks. A description you can work with.