

YELLOW DROP 02

# SPOTTING THE SCRIPT



# Yellow Drop 02 — Spotting the Script



## Scripts Are Invisible

You don't know you're in one until you watch yourself repeating it.



## Where Scripts Begin

Family, media, schooling – habit loops gifted to us as 'normal'

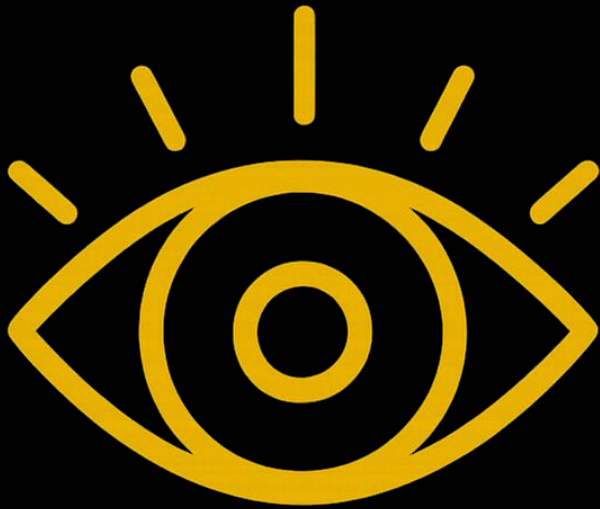


## The Cost of the Script

Comfort traded for sovereignty. Convenience traded for clarity.



*"Scripts are never obvious to the actor playing them."*



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### Spotting Yours

Look for:

- What makes you react automatically
- What “shoulds” you obey **without** question
- What beliefs feel safest but unexamined

### Practice: Rewriting

Sit with a moment you regret. Trace the script that ran.

Ask: “Whose line was that?”

