

Rewriting Your Inner Scripts: A Starter Guide to Self- Awareness

Welcome!

I'm Jeremy Schneider, a trauma-informed coach who helps people notice and shift the patterns that run their lives. If you've ever walked away from a conversation thinking, "Why did I agree to that?" or "Why did I shut down?" this guide is for you.

This isn't about fixing yourself because you're not broken. It's about healing by noticing what's happening inside you, so you can make choices that actually feel right for you.

Self-awareness is where that starts.

Why Self-Awareness?

People ask me all the time: What's the most important thing I can do to heal from trauma?

My answer is always the same: Build your self-awareness.

Self-awareness leads to freedom to live life the way we want. Without it, we react on autopilot, following old, unconscious patterns (what I call Scripts) that no longer serve us.

Self-awareness is the skill that lets you pause, notice what's happening, and choose something different.

Freedom of Choice

"Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom."

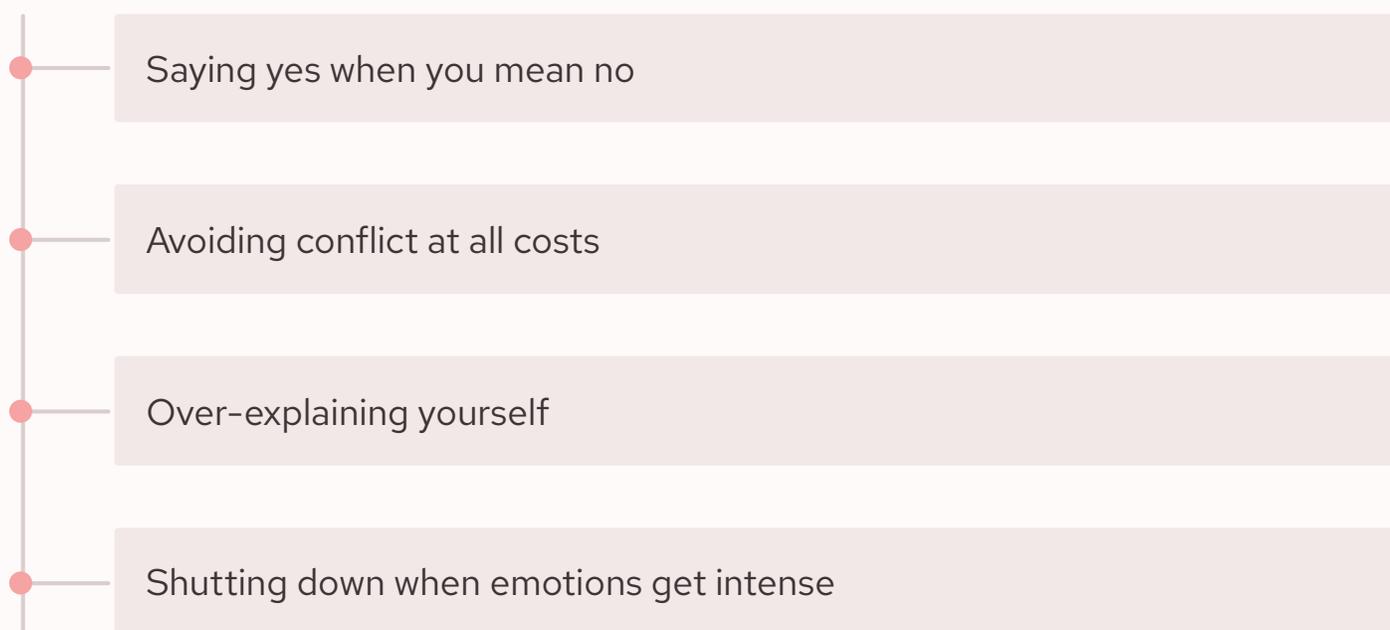
– Viktor Frankl

Self-awareness is how we find that space...and expand it.

Understanding Scripts: When the Past Speaks Before You Do

Most of us don't choose our patterns. We memorized them.

I call these unconscious patterns Scripts, automatic responses that were formed early in life, often as a way to stay safe, accepted, or even unseen.



These aren't flaws.

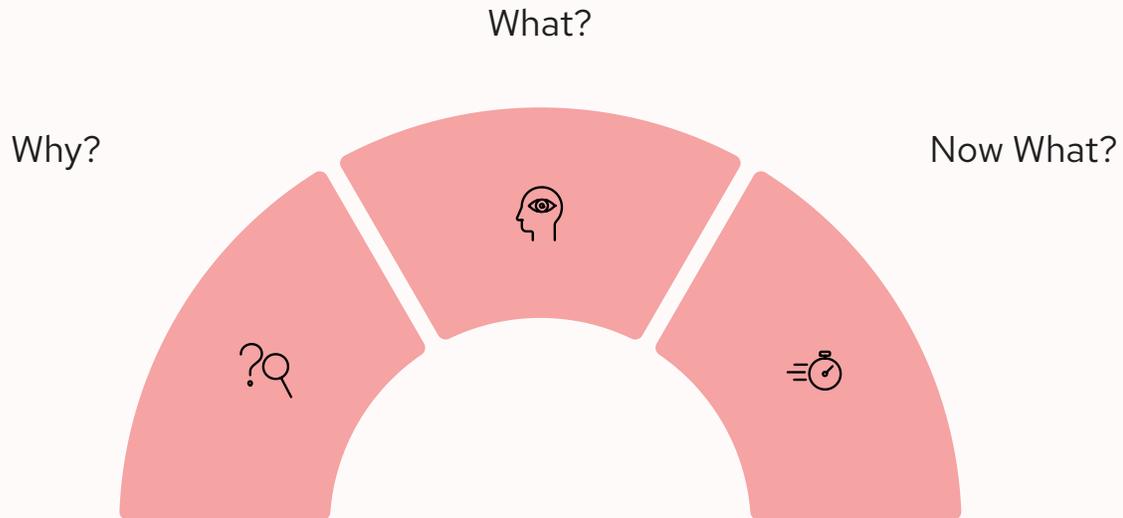
They're adaptations.

But once we see them, we get to choose:

- Is this still serving me?
- Or am I ready to respond differently?

The Awareness Arc

Awareness doesn't have to be abstract. My 3-step process called The Awareness Arc, helps you go from reactive to intentional:



Why?

- Why am I feeling this way?
- Why am I having a strong reaction?
- Why do I feel off?
- Why does this feeling seem so familiar?

What?

- What do I actually want or need here?
- What boundary did I need?
- What feels true that I haven't voiced?
- What do I want in this situation?

Now What?

- What can I do about it now?
- What small action could support me now?
- What would a conscious choice look like now?
- How can I care for myself now?

Self-compassion ("How can I care for myself now?") is a key element of The Awareness Arc. It doesn't matter how long it may have taken you to notice your feelings or reactions. All that matters is you did.

Sometimes you start with awareness of your emotions. Other times, you notice a pattern that feels familiar first. Either direction works. The point is to interrupt the script and create just enough space to choose your response. It's the awareness that matters because either way leads to you having the freedom to choose now what.

Be compassionate with and take extra care of yourself. You're changing lifelong patterns of behavior, and it is very hard to do.

Try the Arc Yourself

1

Step 1: Pick a recent moment where you felt off

Maybe you agreed to help someone when you didn't want to.

Maybe you shut down during a conversation.

2

Step 2: Walk through the Arc

- **WHY** did I feel that way?
- **WHAT** did I want or need instead?
- **NOW WHAT** can I do to help myself?

Exercise:

Write down this recent moment, specifically:

- When did it happen?
- What happened?
- How did you feel?
- What was your reaction?

This reflection builds awareness. Every time you Walk Through the Arc and notice a pattern, you're creating more freedom for yourself to choose what you want.

Daily Practice: The Self-Awareness Muscle

One of the simplest ways to strengthen self-awareness is with mindfulness.

Try this for 2-minutes (or longer):

1. Sit or stand comfortably.
2. Breathe in. Breathe out.
3. Focus on your breath.
4. When you get distracted, notice it, and gently return to the breath.



That moment of noticing when you get distracted?

That is self-awareness.

Every time you return, you're building your capacity to notice what's happening inside you.

Remember

You don't have to fix everything.

You just have to notice.

Your healing starts there.

Next Steps on Your Self-Care Journey... with Jeremy

1

Join my newsletter, Awareness, Then Change.

Awareness, Then Change Newsletter

buildonyourstrengths.com/awareness-then-change

2

Check out my schedule of upcoming workshops or see recordings of past workshops.

Free Workshops

buildonyourstrengths.com/workshops

Schedule Your Free 30-Minute Clarity Call

You don't have to figure it out alone.

If this guide brought up questions, stirred something in you, or left you wanting more space to sort things out, we can spend 30 minutes together in a free Clarity Call.

It's a mini-session where we can:

1

Talk it Through

Explore what's really coming up for you right now.

2

Get Answers

Ask me anything about my work, my approach, or how coaching might help.

3

Feel it Out

See what it's like to work together with no pressure or commitment.

After the call, I'll send you a short follow-up email and you decide whether to continue. If you're not ready, or it's not the right fit, that's okay. I'll still be here if you change your mind.

Book your Clarity Call: buildonyourstrengths.com/contact

Special Invitation:

From Scripts to Freedom Coaching Program

8-session journey to:

- Interrupt old scripts
- Practice new choices
- Build the life you want

Are you ready to start changing your scripts?

Includes:

- Individual coaching
- Companion workbook with weekly exercises
- Accountability + support

Interested?



Email:

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Book a free Clarity Call:

buildonyourstrengths.com/clarity-call/





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Jeremy G. Schneider

Jeremy is a licensed master's social worker, family therapist, and trauma-informed coach who helps people recognize when their past is running their present—and build new ways to respond when it shows up.

With Master's degrees in Social Work and Family Therapy plus 30+ years of personal healing work, Jeremy brings both professional expertise and lived experience to his coaching practice. As a Psychology Today contributor and creator of The Integration Path™ framework, he specializes in forward-focused approaches that help people reclaim who they've always been underneath the weight of what happened to them.

Through **Build On Your Strengths**, Jeremy offers 1-on-1 coaching, practical guides, and workshops that focus on real self-care for real life, building sustainable practices using the time you already have, not adding more to your overwhelming schedule.

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