

Reclaiming Your Own Version

When someone keeps rewriting your story

1 Name what happened

Pick one event where their version has overridden yours. Write what actually happened, in your own words.

2 Identify the pattern (check all that apply)

- Achievement absorption** — they take credit for your work, growth, or accomplishments.
- Conflict reversal** — you became the aggressor in their retelling.
- History rewriting** — they tell stories about you to other people.
- Victim repositioning** — you set a limit; they tell it as abandonment.

3 What this costs you

What do you doubt about yourself, or keep defending, because of their version?

4 The practice

The next time their version comes up — to you, to someone else, or in your own head — try this:

“That is their version. Mine does not need their permission to be true.”

You do not argue. You do not correct. You name it as a version, and you return to your life.

5 Anchor your version

Write three simple lines to help you hear yourself again.

What happened was:

What I felt was:

What I needed to protect was:
