Assignment: Language Inventory

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Assignment: Language Inventory

Module 2: Builder Identity Work | Unit 1.2

Assignment Overview

This is your first hands-on identity work. You're going to track the **shame scripts** you've been carrying and rewrite them as **builder scripts**.

This isn't just a feel-good exercise. This is how you start becoming who you're building into.

Learning Objectives

By completing this assignment, you will:

1. Identify the shame scripts you use to describe yourself

2. Trace where those scripts came from (whose voice are you hearing?)

3. Rewrite those scripts using builder language

4. Practice catching and redirecting shame language in real time

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Instructions

Part 1: Capture Your Shame Scripts (20 minutes)

For the next 3-7 days, carry a notebook (or use your phone) and track the language you use to describe yourself—especially when you're stressed, frustrated, or feel like you've messed up.

What to write down:

- The exact words you say about yourself (internally or out loud)

- The context (What just happened? What triggered this?)

- Whose voice it sounds like (Is this your voice, or someone else's?)

Examples of shame scripts to watch for:

- "I'm such a mess."

- "I always screw things up."

- "I can't stick with anything."

- "I'm too broken to do this."

- "I'm just an addict."

- "I'll never be good enough."

Tip: Pay special attention to:

- The word "always" or "never" (totalizing language)

- The phrase "I'm just..." (minimizing language)

- Any sentence that starts with "I can't..." (fixed language)

Part 2: Analyze Your Scripts (15 minutes)

Once you've collected 5-10 shame scripts, answer these questions for each one:

1. **Is this language fixed or flexible?** (Does it leave room for change?)

2. **Is this language shame-based or dignity-based?** (Does it tear you down or acknowledge where you are without judgment?)

3. **Where did this script come from?** (Whose voice is this? A parent? A teacher? An ex? Society? An institution?)

4. **Is this script true?** (Or is it a story someone told about you that you internalized?)

Part 3: Rewrite Your Scripts (30 minutes)

Now, rewrite each shame script as a **builder script.**

The rules for builder scripts:

- **Acknowledge reality without shame** (Don't use toxic positivity—be honest)

- **Leave room for growth** (Use language that shows you're in process)

- **Root it in dignity** (Speak to yourself the way you'd speak to someone you respect)

Examples:

Shame Script	Builder Reframe
"I'm such a mess. I can't get my life together."	"I'm rebuilding. It's messy because I'm in the middle of it."
"I always screw things up. I can't be trusted."	"I've made mistakes. I'm learning what works for me now."
"I'm just an addict. That's all I'll ever be."	"I'm a cycle-breaker. My past doesn't define my future."
"I can't stick with anything."	"I'm learning what's worth sticking with and what's a mismatch."
"I'm too broken to build something that matters."	"I've survived things that would have broken other people. That makes me uniquely equipped to build something that matters."

Part 4: Practice Redirecting (Ongoing)

Now that you have your builder scripts, practice using them.

How to practice:

1. **Catch yourself** when you slip into shame language

2. **Pause** (Don't shame yourself for using shame language)

3. **Redirect** (Say the builder script out loud or write it down)

4. **Repeat** (The more you practice, the more automatic it becomes)

Bonus: Ask your tribe to help you spot shame language and redirect you when they hear it.

Submission Requirements

Submit the following:

1. **5-10 shame scripts** you collected (with context)

2. **Analysis** of where each script came from

3. **Builder reframes** for each script

4. **Reflection** (300-500 words):
   - Which script was hardest to rewrite? Why?
   - Which reframe felt most true to you?
   - What did you learn about yourself through this process?

Format: Submit as a Google Doc, PDF, or Notion page.

Grading/Feedback Criteria

This assignment is not graded on "correctness"—there's no one right way to reframe shame language.

You'll receive feedback on:

- **Honesty:** Did you dig into real shame scripts, or stay surface-level?

- **Builder language quality:** Do your reframes leave room for growth? Are they rooted in dignity?

- **Reflection depth:** Did you engage with the "why" behind your scripts?

Common Challenges

"I don't use shame language about myself."

If you think you don't use shame language, pay closer attention. It's often so automatic you don't notice it. Try recording your internal monologue for a day—you might be surprised.

"My reframes feel fake or cheesy."

If your reframes don't land, they might be too aspirational. Try staying closer to reality. Instead of "I'm amazing and capable of anything!" try "I'm learning. I'm figuring this out."

"I can't remember where the scripts came from."

That's okay. If you don't know whose voice it is, just note that. Sometimes shame scripts are so old we've forgotten their origin.

Why This Matters

Language is the foundation of identity. You can't build a builder identity if you're still speaking in shame scripts.

This assignment is the first step in shifting from deficit-based language to dignity-based language. It's the beginning of your Identity MVP.

> 🏗️ **Builder Reminder:** If this assignment brings up big feelings, that's normal. You're not broken. You're waking up. Bring it to your tribe—they're here to witness, not judge.

What's Next

After completing this assignment, you'll move to **Unit 2: Shame Scripts & Narrative Rewrite**, where we'll go deeper into how to dismantle shame narratives and build new ones.