Main Character Syndrome Check-In

Am I Sharing the Stage or Stealing the Show?

Section 1: Self-Awareness Audit

1. In conversations, I usually talk about:
[ ] Mostly myself   [ ] A mix of me and them   [ ] Mostly them

2. When someone shares a problem with me, I tend to:
[ ] Relate it back to a similar experience I had
[ ] Ask follow-up questions
[ ] Offer emotional support or validation

3. Do I regularly ask people how they're feeling (and really listen)?
[ ] Rarely   [ ] Sometimes   [ ] Often

4. Do I ever feel disappointed or irritated when the conversation isn't about me?
[ ] All the time   [ ] Occasionally   [ ] Not really

Section 2: Your Inner Narrator

- My default story about myself is... "I am the kind of person who..."
- In group settings, I usually feel... "I need to ___ in order to be seen/heard."
- When someone else is the center of attention, I tend to...

Section 3: What You Might Be Missing

True or False:
[ ] I regularly pause to check in on how others are doing emotionally.
[ ] I can listen without immediately offering my own opinion or story.
[ ] I create space for others to express themselves, even if it's not exciting to me.
[ ] I show curiosity about others' lives, experiences, and perspectives.

Section 4: Reflection With a Partner or Friend

Ask your partner/friend:
1. "Do you ever feel like I talk over you or shift the focus back to me too quickly?"
2. "Is there anything I could do better to make you feel more seen or heard?"
3. "When we talk, do you feel like it's mutual or one-sided?"

Section 5: Reset Your Role

New commitments for the week:
- One person I want to ask deeper questions to: _____
- One time this week I'll choose to listen more intentionally: _____
- One way I'll practice being part of the ensemble instead of the lead: _____

Remind yourself:
I can be a main character and make room for others to shine.
This isn't about shrinking - it's about sharing the spotlight.