

Reality Shifting Script Template

Tick the lines you want to keep, cross out the rest, and fill in the blanks in your own words. Short answers are fine.

QUICK SCRIPT: ONE PAGE FOR A FIRST TRY

SAFETY

My safe word: _____

☐ I can come back to my CR whenever I say my safe word.

☐ I am safe in my DR, and nothing there can seriously hurt me.

How time passes (optional): _____

ME AND MY DR

My DR in one line: _____

My name and age in my DR: _____

How I look, in a few words: _____

Where I live: _____

The people with me: _____

What I do on a normal day: _____

The first thing I notice when I arrive: _____

MY AFFIRMATION

☐ I am already in my DR, and I feel calm and at home.

My own affirmation (optional): _____

Want more detail? The full template starts on the next page. Fill in only what feels important.

THE FULL SHIFTING SCRIPT TEMPLATE

SAFETY

My safe word: _____

My way back, an action (optional): _____

How time passes (optional): _____

- ☐ I can come back to my CR whenever I say my safe word.
- ☐ I will always come back to my CR.
- ☐ I am safe in my DR, and nothing there can seriously hurt me.
- ☐ Any pain I feel in my DR is mild and never lasts.
- ☐ If my body or anyone in my CR needs me, I come back at once.
- ☐ I can always tell my DR from my CR, and I remember both clearly.
- ☐ I will not get too attached to my DR, and I am happy to come home.

ABOUT ME

My name in my DR: _____

Nickname (optional): _____

My age: _____

My birthday (and star sign, optional): _____

My gender and pronouns: _____

Where I was born: _____

Nationality and background (optional): _____

Languages I speak: _____

My accent (optional): _____

What I am (human, witch, demigod, hero or something else): _____

HOW I LOOK AND FEEL

- ☐ I look the way I do now (optional).

Hair (color, length and style): _____

Eyes: _____

My face in a few words: _____

My smile: _____

Glasses, braces or contacts (optional): _____

Freckles, birthmarks, tattoos or piercings (optional): _____

My style of clothes: _____

My favorite outfit: _____

Shoes and accessories: _____

How my voice sounds (optional): _____

How I feel in my body: _____

Something about how I look that I love: _____

PERSONALITY, SKILLS AND POWERS

My personality in a few words: _____

How I act with my friends: _____

How I act with my family: _____

How I act when I am alone: _____

What I am best at: _____

Other skills and talents: _____

Hobbies: _____

What people know me for: _____

Goals I have already reached: _____

What I am working toward now: _____

Powers or magic (only if my DR has them): _____

The limits of my powers (optional): _____

A small flaw that makes me feel real (optional): _____

MY PEOPLE

My parents or guardians: _____

Brothers and sisters: _____

Other family (optional): _____

My best friend: _____

My friend group: _____

Love interest or crush (optional): _____

Mentor or favorite teacher (optional): _____

My pet: _____

A rival (optional): _____

People from my CR who are in my DR too (optional): _____

How the people in my DR treat me: _____

☐ Everyone I love in my DR is safe and well.

MY DESIRED REALITY

My DR in one line: _____

The world, fandom or setting: _____

When it takes place (era, season or point in the story): _____

The town or city I live in: _____

My home: _____

My bedroom: _____

School, college or job: _____

What a normal day looks like: _____

☐ I have everything I need to live comfortably.

Something I am looking forward to: _____

Where I wake up when I arrive: _____

What I see, hear and smell when I arrive: _____

Events I want to happen (optional): _____

MY CLONE

Do I have a clone (yes or no): _____

What my clone does while I am away: _____

☐ My clone is kind to everyone I love and looks after my body, my health and my schoolwork.

☐ My clone does not make big decisions for me.

☐ When I come back, I remember everything my clone did.

EXTRA RULES

☐ If I fall asleep in my DR, I wake up in my DR.

☐ I understand every language spoken in my DR.

☐ If I feel homesick, the feeling is gentle.

My own rules: _____

MY AFFIRMATIONS

☐ I am shifting to my DR.

☐ My DR is real, and it is waiting for me.

☐ I am calm, safe and ready.

☐ Shifting is easy for me.

☐ I let go, and my mind knows the way.

☐ I am already there.

My own affirmation: _____

My own affirmation: _____

HOGWARTS

My house: _____

My year at Hogwarts: _____

My wand (wood, core and length): _____

My Patronus: _____

My pet (owl, cat, toad or something rarer): _____

Favorite subject: _____

Quidditch position (optional): _____

MY HERO ACADEMIA

My quirk: _____

What my quirk can do: _____

My quirk's limit or drawback: _____

My hero name: _____

My class at U.A. (1-A, 1-B or another): _____

My hero costume: _____

CAMP HALF-BLOOD

My godly parent: _____

My cabin: _____

My weapon: _____

Powers from my godly parent: _____

A quest or prophecy (optional): _____

MARVEL

Where I arrive in the timeline: _____

Who I am (hero, agent, student or civilian): _____

My powers or skills: _____

My team: _____

My base (a New York apartment, Avengers Tower, Wakanda or s... _____

K-POP

Trainee or debuted: _____

My group (one I love or my own): _____

My position (vocal, dance, rap, visual or leader): _____

My stage name: _____

Life in the dorm with my members: _____

STRANGER THINGS

Which season of the story I arrive in: _____

My house in Hawkins: _____

My friends in Hawkins: _____

Whether I know about the Upside Down: _____

ANY OTHER WORLD

The world, and the point in its story when I arrive: _____

My role in the story: _____

Characters I am close to: _____

What I change in the story (optional): _____

WAITING ROOM

What my waiting room looks like: _____

What I can do there: _____

Who or what keeps me company (optional): _____

How I get from my waiting room to my DR: _____

BETTER CR

What stays the same as my CR: _____

What is different: _____

How my days feel now: _____

Free printable from wealthfulmind.com/reality-shifting-script-template. Keep your script somewhere private.