A GETTING UNSTUCK REFLECTION

Pause, Notice, Choose

Take this at your own pace. You do not need to solve everything here. The aim is to notice a pattern, make room for another point of view, and find a next step that feels possible.

Name (optional) _____ **Date** _____

START WHERE YOU ARE

Think of a recent moment when you felt stuck, unsettled, or caught in a familiar loop.

What was happening, and what part of it stayed with you?

NOTICE THE PATTERN

What did you tell yourself in that moment? What did that thought lead you to feel?

[ ] Worried	[ ] Frustrated	[ ] Embarrassed	[ ] Hurt
[ ] Overwhelmed	[ ] Discouraged	[ ] Angry	[ ] Something else: _____

How did you respond - what did you do, say, avoid, or hold back? What happened next?

Looking across the moment, what pattern do you notice?

A thought can shape a feeling, a response, and what follows. Simply noticing the links is a useful beginning.

MAKE ROOM FOR ANOTHER POSSIBILITY

Look again. Then choose.

You are not required to force a positive spin. See whether a more balanced or compassionate interpretation is available.

EXPLORE A DIFFERENT VIEW

What else might be true about the situation? What would you say to someone you care about if they were facing it?

If you held that perspective, what might shift in how you feel? Which strength or value could you draw on?

CHOOSE A SMALL NEXT STEP

The next time this pattern appears, how would you like to respond? What is one small action you could practice?

What could that response make possible? What support, information, or reminder might help you follow through?

BRING THIS INTO OUR FIRST CONVERSATION

What part of this reflection would you like to explore together?

Keep what is useful. Share only what feels comfortable. This reflection is a starting point, not a test.