Steadiness, choice and support

Reflection and understanding | 1 of 2

You do not need to describe a traumatic event. Stay with present-day needs and stop whenever you wish.

Name or initials (optional): _____ Date: _____

1. What helps you feel a little more settled in the present? Include places, routines or people.

2. What tells you your stress is rising? You can describe changes without naming the event.

3. Which everyday demands feel manageable, and which need reducing or extra support?

Steadiness, choice and support

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What choices help you regain a sense of control? What would you like others to ask before doing?

5. Who could support you, and what specific help could you request?

6. What would a manageable next step look like? What would tell you to pause and seek more support?

My next step / support I can ask for / date to review: