Finding Your Words

A gentle reflection sheet | For adults
You can skip any prompt. There are no right answers, and you do not need a diagnosis to describe what matters to you.

Lately, I have been noticing...

This might be a feeling, a situation, a repeating thought, or a pattern in a relationship.

The part that feels hardest is...

Describe it in your own words, as briefly or fully as you wish.

What I wish someone understood is...

You decide what to share and when.

One thing I need, or would like to explore, is...

It is okay if the answer is simply: I am not sure yet.

A small next step could be...

For example: write down a question, ask someone for support, or bring this page to a conversation.