A Gentle Check-In with Yourself

A free mini-guide to help you pause, listen to yourself, and take one small step towards greater clarity.

You don't have to figure everything out today.
Start by giving yourself permission to notice how you really feel.

1. Pause and notice

Take a quiet moment. There are no right or wrong answers, and you can skip anything that doesn't feel helpful.

■ What has been taking up the most space in my mind lately?

■ How do I usually feel after spending time with this person or situation?

■ Do I feel listened to, respected, and able to be myself?

2. Come back to what matters to me

■ What do I need more of right now? (For example: peace, honesty, kindness, consistency, space, support.)

■ What is one thing I have been dismissing or making excuses for that deserves my attention?

■ If someone I cared about felt this way, what would I want them to remember?

3. Choose one small, kind next step

You don't need a perfect plan. Choose something realistic that supports your wellbeing.

One thing I can do for myself today is: _____

One boundary or need I want to honour is: _____

One safe person or source of support I could reach out to is: _____

A reminder to keep: *My feelings are worth listening to. I am allowed to have needs, ask questions, set boundaries, and take my time deciding what is right for me.*

A gentle note

This guide is for reflection and general wellbeing; it is not a diagnosis or a substitute for professional support. If you feel unsafe or controlled, consider speaking with someone you trust or a specialist support service. In the UK, Refuge's National Domestic Abuse Helpline is 0808 2000 247; call 999 if you are in immediate danger.