

WORKSHEET 1 (BEFORE): “Beginning with Awareness”

Purpose: Identify early warning signs, regain clarity, and practice internal boundaries.

1) Notice the patterns (circle any that apply):

- I feel anxious before/after conversations
- I over-explain to be understood
- My feelings are dismissed or mocked
- I apologize when I didn't do wrong
- I feel responsible for their emotions
- I feel spiritually drained

2) My top 3 triggers (situations that leave me overwhelmed):

- 1.
- 2.
- 3.

3) What happens in my body when I feel unsafe?

(Example: tight chest, headache, racing thoughts, nausea)

4) SAFE Pause Plan (write one sentence for each):

S (Slow Down):

A (Ask God):

F (Feel Without Judgment):

E (Exit the Moment):

5) Scripture anchor for this stage:

Write one verse you will return to this week.

Affirmation:

God is with me here. I am allowed to take time. Wisdom is growing in me.