A pause. A question. A next step.

You can write, talk with someone you trust, or simply think. Skip anything that does not feel useful. This is an invitation, not a test.

1. What is happening for me today?

Name a feeling, a need, or something taking up space. You do not have to explain everything.

2. What matters to me right now?

What would help me feel respected, connected, or more able to make my own choices?

CHOICE / CONNECTION / ONE SMALL STEP

Keep the next step yours.

3. What kind of support do I want?

Someone to listen? Company? Practical help? Options to consider? A connection to another service? It is okay to say what would help and what would not.

4. What is one step I can choose?

Choose something small and realistic. Rest, asking a question, keeping a commitment, or reaching out can count.

For a conversation with a peer

Try asking: "Would listening or brainstorming be more helpful right now?" Offer choices, make room for a different answer, and let the person decide what comes next.

You do not need to share this page with anyone. If you use it with another person, ask before reading or keeping their answers.

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