

- Other: _____

Answer:

How Did It Affect Your Sense of Self?

- What thoughts or beliefs did the spiral bring up?
- Were you able to connect to your memories, values, or preferences?
- Did you feel like yourself? If not, what felt different?



Reflection:

What Part of You Might Be Asking for Care?

Sometimes spirals are signals. Gently explore:

- What part of me might be feeling unsafe, unseen, or unclear?
- What might this part need right now?

 **Notes:**

A Reframe or Gentle Reminder

Use this space to offer yourself kindness and clarity. You can write a message to yourself, a mantra, or a reminder like:

- “This spiral is a signal—not a failure.”
- “I don’t have to figure everything out right now.”
- “I am allowed to pause and return to myself slowly.”

Reframe:

