

A Gentle Reflection Guide

Use this page when a feeling or familiar reaction asks for your attention. You do not need to solve the whole story—only notice what is here and choose one supportive next step.

1

Notice

What can I observe without judging it? Begin with a body sensation, an emotion, a thought or an urge.

2

Orient

Where am I right now? Name three neutral details you can see, hear or physically feel in the present.

3

Choose

What is the smallest supportive next step available to me? It might be pausing, moving, writing, asking for clarity or seeking support.

You are allowed to stop. If reflection increases distress, leave the exercise and return to an activity or person that helps you feel oriented. This guide is educational and is not a substitute for professional mental-health care.