It's Complicated Consultation Services

UNFILTERED TALK RAW CONNECT DEEPER / A MOMENT FOR YOU

What Do I Need Right Now?

Before you keep showing up for everyone else, check in with yourself. Take a breath. There is no perfect answer. Write what feels true today.

DATE: _____

01 **What am I feeling beneath the surface?**

Name the feeling. Where do you notice it in your body?

02 **What do I need, and what could that look like?**

Consider rest, reassurance, space, clarity, connection, or practical help.

03 **What is one thing I can offer myself today?**

Choose something small and realistic, even if it is simply permission to pause.

04 **What support or boundary could help?**

Try: "I need ____. Would you be willing to ____?" or "Today, I can ____."

05 **What is my next small step?**

Name what you will do and when. Leave room to change your mind.

Your needs deserve attention. You can honor them one small choice at a time.