

Reality and expectations

BALANCE • ADAPT • BE KIND



Explore what can change, what needs support and what may need acceptance

Distress can grow when life is very different from what we hoped or expected. The answer is not always to expect less: sometimes we need support, change, boundaries, grief or flexibility.

MY CURRENT REALITY

What is happening now? Include facts, limits, strengths, needs and available resources.

MY EXPECTATIONS

What did I expect of myself, other people, work, home, relationships or the future?

WHAT CAN I INFLUENCE?

One practical change, request, boundary, skill or source of support.

WHAT MAY NEED FLEXIBILITY OR GRIEF?

An expectation I can soften, update or mourn without blaming myself.

A BALANCED NEXT STEP

What would be realistic, kind and useful from where I am today?
