

WHAT WORD COMES TO YOUR MIND?

Look at the partial word below. Before moving on, notice the first word, thought, feeling, memory or association that your mind supplies.

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What came to mind first?

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What did that response seem to connect with for you?

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NOW REVEAL THE WORD

ENOUGH

Enough can be a surprisingly emotional word. It can speak to self-worth, limits, achievement, relationships, rest, comparison, perfectionism and the pressure to prove ourselves. Your reaction matters more than arriving at the intended answer.

Try completing this sentence without editing yourself: 'If I truly believed I was enough, I might...'

WHAT DOES 'ENOUGH' MEAN TO YOU?

Many of us learn to attach 'enough' to conditions: productive enough, successful enough, attractive enough, calm enough, sociable enough, thin enough, clever enough, useful enough. The goal here is not to replace those thoughts with a slogan, but to notice the standards you are living under.

The areas where I most often feel 'not enough' are...

When I feel I am not enough, the voice in my head says...

I think some of these expectations came from...

Trying to prove myself has cost me...

Worth is not the same as performance

Achievement can matter deeply, but your human worth does not have to rise and fall with productivity, appearance, approval or whether you met every expectation today. A person can want to grow while also questioning the belief that they must earn the right to feel acceptable.

Enough does not mean giving up

Accepting 'this is enough for today' is different from saying 'nothing can ever change.' It can create a realistic stopping point, protect energy and make growth more sustainable.

MAKING SPACE FOR 'ENOUGH'

Use these prompts to move from an abstract idea into something you can practise.
Keep your answers realistic rather than perfect.

What could 'enough for today' look like?

One unrealistic expectation I could loosen is...

A boundary that might protect my energy is...

Something I overlook when judging myself is...

What would I say to somebody I cared about in the same position?

A small experiment

Choose one task or situation this week and deliberately decide what 'good enough' will mean before you begin. Notice what happens when you stop at that point. Does anxiety appear? Relief? Guilt? An urge to keep checking? Treat the reaction as information rather than proof that you should push harder.

When the inner critic is loud

Try naming it rather than arguing with it: 'I am noticing the thought that I am not enough.' Then return to what matters in the present moment. You do not need to win a debate with every thought before choosing how you want to respond.

A MESSAGE FROM MAGGIE

We can spend years trying to reach an invisible point where we finally feel good enough. The difficulty is that the finishing line often moves. We achieve one thing and immediately find another reason to question ourselves.

For me, this word is not about telling people to stop growing or to settle for situations that hurt them. It is about separating growth from self-rejection. You can want change without making your worth dependent on achieving it.

Sometimes 'enough' means recognising your effort. Sometimes it means resting. Sometimes it means setting a boundary, asking for help, or deciding that what you have managed today genuinely is enough.

If this exercise brings up a harsh internal voice, try meeting it with curiosity.

Ask whose standard you are measuring yourself against and whether that standard still deserves so much power.

Maggie Learoyd MNCPS - Space to Breathe Therapy

THERAPEUTIC CONTEXT & FURTHER READING

Person-centred therapy places importance on acceptance, empathy and congruence, and can help explore conditions of worth - the messages and expectations that can shape when we believe we are acceptable. ACT can support a different relationship with self-critical thoughts while encouraging values-led action. Compassion-focused approaches also explore shame, threat and the development of a more supportive inner response.

Suggested reading: Carl R. Rogers, *On Becoming a Person*; Russ Harris, *The Happiness Trap*; Paul Gilbert, *The Compassionate Mind*; Brené Brown, *The Gifts of Imperfection*.

This resource is for reflection and psychoeducation and is not a diagnostic tool or a substitute for individual medical or mental-health care.