

YOUR PRACTICAL WORKBOOK / 5-PAGE COMPANION

Understanding Yourself

A guided walk-through of your patterns, triggers, values and everyday choices.

NOTICE YOUR PATTERNS. NAME WHAT MATTERS. CHOOSE YOUR NEXT STEP.

This workbook is designed to help you slow down and notice how you respond, what matters to you, and what you may want to practise differently. There are no perfect answers. Specific, honest observations are more useful than polished ones.

HOW TO USE THIS WORKBOOK

01	Pause	Choose a quiet moment. You can complete one page at a time.
02	Notice	Describe what happened without judging yourself or someone else.
03	Reflect	Look for patterns, needs and values beneath the first reaction.
04	Practise	Choose one small, realistic action to try this week.

A note on pace

Skip any prompt that feels unhelpful. You do not need to revisit painful experiences to benefit from self-reflection. This is educational reflection material, not clinical treatment or crisis support.

My intention for this workbook:

Map a pattern

A pattern is a response you notice repeating. The goal is not to label yourself; it is to understand the sequence well enough to create more choice.

Start with one recent, manageable situation. Describe observable details before interpreting what they mean.

The situation	What I noticed / did	What happened next

Look beneath the surface

What might I have felt?	What did I need?	What story did I tell myself?

If this pattern had a helpful intention, what might it be trying to do for me?

A more useful response I could experiment with:

Reminder: a pattern is information, not your identity. One example is a starting point, not proof that you always behave this way.

Track the trigger

A trigger tracker helps you connect an event with your internal response. Keep the entry factual and brief; you are collecting clues, not building a case against yourself.

Use this page after a moment when your reaction felt bigger, faster or more automatic than you expected.

When / where?	What happened? (facts)	What did I notice in my body or mood?

My first thought	My impulse / reaction	What helped me steady myself?

Pause-and-check

- What part of this situation was within my control?
- What information might I be missing?
- What would I say to someone I care about in the same situation?

One response I want to practise next time:

Run a values audit

Values are qualities you want your choices to express. They are not achievements or rules for being perfect. Choose what feels meaningful to you, not what sounds impressive.

Circle or mark up to five values that matter to you right now. Add your own if they are missing.

■ Honesty	■ Growth	■ Connection	■ Creativity
■ Stability	■ Courage	■ Kindness	■ Independence
■ Learning	■ Fairness	■ Health	■ Curiosity
■ Respect	■ Family	■ Contribution	■ Freedom
■ Play	■ Security	■ Belonging	■ Balance

My top value	What it looks like in real life	A recent moment I lived it

Where is there a small gap between my values and my current choices?

One tiny action that would bring me closer to a chosen value:

Reflect. Practise. Apply.

Use this check-in at the end of the week. Progress may look like noticing a pattern sooner, pausing once, or responding with slightly more intention.

This week, I noticed...	A moment I handled differently...

Something that felt difficult	What I learned about myself

My one-week experiment

Choose one small behaviour to practise. Make it specific enough that you will know whether you tried it.

I will practise...	I'll try it when...	I'll know I did it if...

A reminder I want to carry into next week:

**REFLECTION IS NOT ABOUT FIXING WHO YOU ARE.
IT IS ABOUT UNDERSTANDING YOURSELF WITH MORE CLARITY.**