

Adjusting to Change

A self-reflection worksheet

Name what has changed, what feels uncertain and what might help you feel more grounded.

What has changed in my life?

What feels uncertain right now?

What might help me feel more grounded?

You can leave any prompt blank. This page is yours to keep.

These tools are for reflection and everyday support. They are not a diagnosis, treatment or a replacement for professional care. If a tool brings up difficult feelings, you can stop and return to it later or consider reaching out to a qualified professional.