



BODY IMAGE

More than a mirror.

You do not have to love every reflection to deserve care.

Choose neutral words if positive ones feel forced. No weighing, measuring, photos, or appearance ratings needed. Skip any prompt that increases distress.

01 Name the pressure, without grading your body.

What message, comparison, or situation has been taking up space? Keep it brief.

02 Shift from judgment to a need.

Example: "I hate how I look" can become "I feel uncomfortable and need clothes that fit comfortably." What neutral sentence fits today?

03 Choose one act of care.

What would make your day more comfortable: rest, accessible food, a boundary, comfortable clothing, or something else?

MY SMALL EXPERIMENT

One comparison cue I can step back from, and one thing I will make room for:



BODY IMAGE

A body is not a report card.

Room for your experience, without a makeover assignment.

Use once when helpful. Write about needs, identity, and meaning rather than checking your appearance. Your value is not dependent on what your body can do.

01 Today, being in my body feels...

Use your own language. Neutral, mixed, or uncertain is welcome.

02 Beyond appearance, I want room for...

A relationship, interest, value, comfort, or experience that matters to me.

03 A kinder boundary might sound like...

Example: "I am not discussing my body or anyone else's weight today."

PERMISSION SLIP

One caring sentence I can use without forcing myself to feel positive:



SELF ESTEEM

On my own side.

Your inner critic does not need the microphone all day.

Use an everyday moment, not your hardest memory. The aim is a fairer response, not proving you are perfect or making a case for your worth.

01 Catch the headline.

What critical sentence showed up? Write it once; no need to keep reviewing it.

02 Write a more complete sentence.

What context did the criticism leave out? Example: "I struggled with this, and I can ask for help."

03 Let a value choose the next step.

Pick curiosity, honesty, care, courage, or another value. What small action fits it today?

TRY ONE RESPONSE

When the criticism returns, I can respond with...



SELF ESTEEM

Worth is not a scoreboard.

A page for getting to know yourself without a performance review.

No achievements list required. You can appreciate yourself and still have things you want to change.

01 A part of me I want to understand better is...

What would I ask that part with curiosity rather than accusation?

02 I feel most like myself when...

Think about spaces, relationships, interests, or choices; include small moments.

03 If approval were not the goal, I might...

Name one preference or boundary I want to give more room.

A NOTE TO MYSELF

Today, I deserve care even if...



SLEEP HYGIENE

A softer landing.

Less bedtime perfection. One realistic adjustment.

Choose one habit to try: a reasonably consistent sleep schedule, a quieter wind-down, or a dark, quiet, comfortable sleep space. Adapt to shifts, caregiving, and health needs.

01 What does my real evening look like?

Name the demands and barriers, without blaming yourself.

02 Pick one change I can actually influence.

Which habit fits my circumstances? What supplies, help, or boundary would make it possible?

03 Make a flexible landing plan.

What is my wind-down cue? What is the shorter version on a busy evening?

IF SLEEP STILL DOES NOT COME

A nonjudgmental reminder I can use: rest is not a test I have to pass.



SLEEP HYGIENE

Morning, without the grade.

Notice the night. Do not turn it into another scoreboard.

A brief reflection is enough. Persistent sleep problems, loud snoring or gasping, or daytime sleepiness are reasons to discuss sleep with a health care professional. Do not drive when sleepy.

01 What made space for rest last night?

Consider your environment, routine, support, or circumstances.

02 What got in the way, and what needs support?

Separate a habit you can influence from demands you cannot simply switch off.

03 What might I adjust next time?

Choose one modest change, or decide to keep the plan as it is.

A QUESTION FOR MY PROVIDER

A sleep concern or pattern I would like help understanding:

Further reading: NHLBI: Healthy Sleep Habits
<https://www.nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits>



COUPLES CONNECTION

Same team, small moments.

A check-in, not a courtroom.

Use only when both partners freely agree and feel safe. Either person can pause or skip. If there is fear, coercion, or abuse, skip the shared exercise and seek individual support.

01 Choose a small window to connect.

Agree on a few minutes, a calm setting, and how either person can pause. No obligation to resolve everything.

02 Take turns: appreciate, then ask.

"Something I appreciated was..." / "One thing I could use this week is..." Make the request specific and optional.

03 Reflect what you heard.

"What I heard is... Did I get that right?" Ask before offering advice. What small step do you both choose?

OUR AGREEMENT

One mutual plan, plus a time to revisit it if we both want to:



COUPLES CONNECTION

Connection starts with noticing.

A private page before a shared conversation.

You control what you share. This is not a test of compatibility or a requirement to disclose private thoughts.

01 I felt connected when...

What small detail mattered to me? If nothing comes to mind, what kind of connection do I miss?

02 A need I want to express clearly is...

Try: "I feel... and would appreciate..." Avoid guessing the other person's motives.

03 One thing I can offer, and one boundary I need...

Keep both realistic. Connection does not require abandoning your limits.

MY INVITATION

A low-pressure way to ask whether my partner wants to talk:



SEXUAL HEALTH

My comfort. My voice.

A conversation planner for adults, with no assumptions.

For adults of all identities, orientations, bodies, and relationship structures. Sexual activity is optional. Consent must be freely given, specific, and ongoing; anyone can stop or change their mind.

01 Name a boundary in my own words.

"I am comfortable with..." / "I do not want..." / "I am unsure and need time..." You do not owe anyone a yes.

02 Choose a check-in phrase.

Example: "Would you like to keep going, change something, or stop?" How will we make room for an honest answer without pressure?

03 Prepare one health conversation.

What do I want to ask a clinician about STI testing, protection, contraception if relevant, pain, comfort, or changes in sexual wellbeing?

MY NEXT STEP

One question, appointment, or conversation I choose to pursue:



SEXUAL HEALTH

No script required.

Explore your preferences at your own pace.

You do not need to disclose experiences or label your identity here. You choose what to write, keep private, or discuss with a qualified professional.

01 I want more room for...

Comfort, choice, privacy, closeness, information, or something else.

02 A message about sexuality I want to question is...

How does that message fit, or conflict with, my own values and needs?

03 A boundary or preference I want respected is...

What words would help me communicate it safely?

CARE WITHOUT PRESSURE

One way I can honor my comfort and choices today:

Further reading: CDC: Getting Tested for STIs
<https://www.cdc.gov/sti/testing/index.html>



PARENTING

Pause. Connect. Repair.

A plan for the messy middle of caregiving.

For adult parents and caregivers. Adapt to your child's age, abilities, and communication needs. Prioritize supervision and immediate safety; a pause must not leave a child unsafe.

01 Notice the early signal.

What tells me I am reaching my limit? What safe pause or practical help is available?

02 Consider the need and the limit.

What might my child need? What boundary still needs to hold? Example: "It is okay to be upset; I will not let you hit."

03 Plan a repair without asking my child to care for me.

"I raised my voice. That was my responsibility. I am sorry. Next time I will..." Choose words that fit what actually happened.

MAKE THE NEXT MOMENT EASIER

One routine, support request, or environmental change I can try:



PARENTING

Parenting is not a perfection exam.

A page for responsibility and self-compassion together.

Reflect on one manageable moment. Avoid using this page to label your child. Seek professional support when concerns about behavior, development, or family safety persist.

01 What happened, in plain facts?

What did I notice about my needs and my child's needs? What remains unknown?

02 What do I want to take responsibility for?

Name one action to repair or change without turning it into "I am a bad parent."

03 What support would make this less lonely?

Consider a trusted person, clinician, practical help, or an adjusted expectation.

ONE THING TO CARRY FORWARD

A small moment of connection I want to make room for:



IDENTIFYING TRIGGERS

Notice, then choose.

A little context. A little more choice.

Pick an everyday, manageable event. No graphic details or trauma retelling needed. Pause if distress increases. Do not use this to deliberately expose yourself to trauma cues.

01 Name the situation briefly.

What happened just before my reaction? Consider the setting, a comment, a sensation, or a demand. A connection is a possibility, not proof.

02 Notice the signal and the urge.

What emotion or body signal appeared? What did I feel pulled to do? Keep observation separate from self-judgment.

03 Choose one support for next time.

A safe pause, a clearer boundary, practical help, or contact with a trusted person. What feels feasible in that setting?

MY EARLY-SIGNAL PLAN

When I notice... I can try... and ask... for support.



IDENTIFYING TRIGGERS

Curiosity, without the replay.

Reflect briefly, then return to the present.

You do not need to find every trigger or explain every reaction. Stop if writing becomes repeated checking, reassurance seeking, or reliving an event. Bring concerns to a clinician.

01 What else was in the background?

Consider fatigue, demands, pain, hunger, or relationship stress without assuming a cause.

02 What did I need in that moment?

What response protected my needs? What would I like to handle differently?

03 What would useful support look like?

Name one specific request or one question for a professional; no detailed memory review required.

RETURN TO TODAY

One ordinary, meaningful activity I can return to after this page:
