

When the World Feels Unsteady



A Reflection Page to Bring to Therapy

You do not have to have the “right words.” This page is simply a place to notice what has been happening inside you.

You can circle, underline, write in the margins, or ignore any section that does not fit.

Jen Hyatt, LMFT
Licensed Marriage and Family Therapist #99355
www.stormhavenwellness.com | www.thenerdietherapist.com

1. What Did I Notice First?

When I first heard the news or sensed something had shifted, I noticed:

- A body sensation:
 - A thought:
 - An emotion:
 - Something else:
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2. How Is It Showing Up Now?

Over the past few days, I've experienced:

- Trouble sleeping
 - Tension in my body
 - Racing thoughts
 - Irritability
 - Sadness
 - Numbness
 - Difficulty concentrating
 - Increased news checking
 - Avoiding the topic
 - Something else:
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3. What Feels Most Present?

Right now, the strongest feeling in me is:

- Fear
- Anger
- Grief
- Confusion
- Overwhelm
- Disconnection
- Something else:

If I put that feeling into a sentence, it might sound like:

4. What Is This Stirring Up From My Past?

Sometimes current events connect to older experiences.

This moment reminds me of:

- A memory
 - A past event
 - A family story
 - A personal loss
 - A feeling I've had before
 - Nothing specific, but something feels familiar
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5. What Do I Need More Of?

Right now, I need:

- More information
 - Less information
 - Reassurance
 - Space to vent
 - Quiet
 - Connection
 - Practical grounding tools
 - Help making sense of my reactions
 - Something else:
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6. What Is Still Steady?

Even in uncertainty, something may still feel solid.

- A routine
- A relationship
- A value
- A belief
- A small daily ritual
- My body right now

What feels steady for me:

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A Gentle Reminder

There is no “correct” response to world events. Anxiety, anger, grief, numbness, and even calm are all human reactions.

Bring this page into session if it helps. Leave it behind if it doesn't. Your experience is allowed to take up space.

Reflection Page Disclaimer

This reflection page is for personal insight and discussion only. It is not therapy, diagnosis, or crisis care. If you are feeling overwhelmed, unsafe, or in crisis, please seek immediate professional support.

You are encouraged to bring this page into therapy if helpful, but you are never required to share anything you do not feel ready to discuss.