

From Insight to Change: One Step at a Time

A reflective worksheet for noticing your patterns and trying something new, gently and consciously.

Name: _____ Date: _____

Why this worksheet?

Understanding a pattern is an important first step, but insight alone does not always change what we do in the moment. Change usually happens in small, deliberate experiments: noticing what happens, catching our usual response, trying one different thing, and checking honestly how it went.

There is no right or wrong answer here. A "did not work" is still useful information. You are collecting data about yourself, not judging yourself.

How to use it

1. **Pick one situation** from this week. Start small, not the hardest moment of your life.
2. **Fill in the first three columns** as honestly as you can: what happened, how you felt, and what you would usually do.
3. **Choose one small thing to do differently** next time a similar moment comes up. One step is enough.
4. **Come back afterwards** and complete the last two columns.
5. **Notice, don't judge.** Whatever the outcome, ask yourself: what did I learn?

Prompts to help you fill it in

Column	Gentle prompts
What happened?	Just the facts: who, where, when? What was the trigger?
How I felt?	Name the emotions. Where did I feel it in my body? How strong was it (0 to 10)?
What I would do usually?	What is my automatic response? What does it protect me from?
What did I do differently?	What was one small change, even a pause, a breath, or a different word?
Evaluation	How did I feel afterwards? What happened this time? Would I try it again, tweak it, or try something else?

Change Tracker

One row per situation. Complete the last two columns after you have tried your new response.

What happened?	How I felt?	What I would do usually?	What did I do differently?	Evaluation: did it work / not?

Reflection after a week

Look back over your rows and answer in your own words.

1. Which pattern showed up more than once?

2. Which small change worked best, even a little?

3. What made it easier or harder to try something different?

4. What do I want to keep, adjust, or try next?

My next small step

The next time this happens, I will: _____

If it feels hard, a smaller version of this step could be: _____

Someone or something that can support me: _____

A few reminders

- **Change is not linear.** Slipping back into old habits does not erase your progress.
- **Small is powerful.** A one-minute pause counts.
- **"Didn't work" is data.** It tells you what to adjust, not who you are.
- **Be kind to yourself.** You are practising something new, and practice is allowed to be messy.

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