

What Am I Carrying Right Now?

A guided reflection for slowing down, noticing what is beneath the surface, and making room for what you need.

A quick map of the load

Before writing, sort what you are carrying. You do not have to put every concern in the same category.

WHAT IS MINE My feelings • choices • needs • values	WHAT I MAY BE CARRYING FOR OTHERS Expectations • reactions • pressure • responsibility
WHAT NEEDS ATTENTION Stress • grief • exhaustion • uncertainty	WHAT CAN BE SET DOWN Perfection • comparison • urgency • impossible standards

What has been taking up the most emotional space lately?

What am I carrying because it truly belongs to me?

What am I carrying because of someone else's expectations, needs, or opinions?

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Notice → Name → Choose A simple reflection path for moving from overload toward one intentional next step.

1. NOTICE

What is happening in my
body, thoughts, and
emotions?

2. NAME

What am I feeling or needing?

3. CHOOSE

What is one supportive next step?



What feeling have I been pushing past just to keep going?

What do I need more of right now? What do I need less of?

What is one expectation I can release, question, or adjust?

What is one small way I can support myself this week?

Take with you: I can acknowledge what I am carrying without judging myself for carrying it. I can choose one next step instead of trying to fix everything at once.

For reflection and education; not a substitute for individualized mental health care.

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