

Grounded Mind

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Self-Reflection Mini Guide

Pause. Reflect. Reset.

BEFORE YOU BEGIN

Short Description (Use this):

Take 10–15 minutes in a quiet space.

Answer honestly, not perfectly.

This is not about judging yourself.

It's about becoming aware.

Awareness is the first step toward change.

BASIC SELF-REFLECTION QUESTIONS

Section: Emotional Check-In

- How am I really feeling these days?
- What has been emotionally draining me?
- What situation am I avoiding?
- What thought keeps repeating in my mind?
- What do I need right now but haven't expressed?

Section: Patterns

- Do I keep facing the same type of conflict or relationship pattern?
- How do I react when I feel misunderstood?
- Do I tend to suppress, over-explain, or withdraw?
- What boundary have I not been maintaining?
- What am I tolerating that doesn't feel right?

Section: Clarity

- What decision have I been postponing?
- What would change if I trusted myself more?
- What is one small step I can take this week toward emotional clarity?

SIMPLE AWARENESS NOTE

Description:

If you noticed emotional discomfort while answering these questions, that's important.

Discomfort is not weakness.

It often signals unprocessed emotion or unresolved patterns.

You don't have to navigate this alone.

CALL TO ACTION

If these questions brought clarity or emotional heaviness, deeper guided work may help.

At Grounded Mind, sessions are designed to help you:

- Understand emotional triggers
- Break repeating patterns
- Process past experiences safely
- Build emotional regulation

 Book a Clarity Session

 Start Your Healing Journey

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