

The Steady Page

Small tools for the months before we meet. Print it, keep it close.

A thank-you for joining the waitlist.
You took a real step today.

1 When it spikes: 60 seconds

For anxiety, overwhelm, or the moment after a hard phone call.

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Finish with **3 slow breaths**, letting each exhale run longer than the inhale. Your senses only know the present, and the present is usually safer than it feels.

2 Say it without over-explaining

Copy these word for word. Short is kind, too.

"I can't, but I hope it goes well."

Saying no

"I hear you. My answer is still no."

When they push

"I know you care about me. I'm not discussing this further."

Family pressure about your choices

"Let me think about it and get back to you."

When you need time before you answer

The formula: "When ____, I will _____. Next time, I'm going to _____."

3 A weekly check-in

Five minutes, once a week. Sunday night works well.

Notice. Where is my body holding this week? Tight shoulders, shallow breath, and a short fuse are data, not failures.

Name. Say the true sentence, even just to yourself: "I'm running on empty."

Negotiate. Pick one small change: one no, one protected hour, one thing allowed to be imperfect.

4 Questions to sit with

One a week. Write without editing; nobody has to read it.

1. Where am I performing instead of participating?
2. What would remain if I stopped using productivity to prove I'm okay?
3. Where have I confused being loving with being endlessly available?
4. What am I afraid would happen if someone were disappointed in me?

5 Bring this to your first session

Jot things down as they come up. You don't need the right words; this just helps us start where you are.

Three things I want Helen to know:

Moments I noticed I wasn't "fine":

You already know how to show up for everyone. This is practice showing up for you.