



What Happened / What Remains

The loss is real. It does not have to become the whole inventory.

WHAT HAPPENED

Describe the event without turning it into a verdict about who you are.

WHAT ENDED OR CHANGED

WHAT IS STILL TRUE TODAY

A person, skill, responsibility, value, resource, or fact.

Scripts for Help and Boundaries

Use your own voice. Specific language reduces the work of explaining everything at once.

A PRACTICAL ASK

Could you help me with [specific task] by [time]? It would take about [estimate]. It is okay to say no.

A LISTENING ASK

I do not need advice right now. Could you listen for ten minutes and help me feel less alone with it?

A PRIVACY BOUNDARY

I am not ready to share the full story. I will tell you what I can when I am ready.

AN ADVICE BOUNDARY

Thank you. I am gathering input, but I have not decided what fits my situation yet.

A PACE BOUNDARY

There are deadlines I must meet and parts I cannot rush. I will update you when I have something clear to share.

MY NEXT SPECIFIC ASK

My Reset Map

A single view of what happened, what remains, what is noise, and what is mine today.

WHAT HAPPENED

Name the event, not your identity.

WHAT REMAINS

Skills, people, resources, values, limits.

WHAT IS NOISE

Pressure, predictions, borrowed timelines.

WHAT IS MINE TODAY

One choice, ask, boundary, rest, or step.

KEEP THIS LINE

You did not choose the reset. You may still have one honest next choice.