



# Explore Me

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Cultivating understanding starts with turning inward. As you begin to build knowledge and insight, you'll start to see how your inner world shows up in the world, your relationships, and overall interactions. You'll become more aware of you and the systems your part of and how you contribute to them. Use the following as prompts to explore "Me" individually or with a 3<sup>rd</sup> party.

- Be open to **build awareness** about you and the world you navigate. Seeking to understand you through **curiosity, compassion, and grace**.
- If you're in a transition due to a break-up, divorce, stage of life, job loss, etc. then take your time to **review the game tape**. **Be open** to how the situation or circumstances unfolded. **Be honest** with how you may or may not have contributed. **Be curious** to understand what you can do different next time.
- Get to know your **emotions**. Embrace the **"F" word** – feelings. Understand how you experience, express, and translate your feelings and emotions.
- Explore how you **squeeze the sponge** and metabolize life's experiences. How do you manage you?
- Learn to **calm yourself**. Seek to understand the power of the **nervous system** and what activates or triggers your **limbic system**.
- Identify your **values - what matters** to you. Clarify what are your wants, needs, and the forcing functions that move you towards action, connection, etc.
- **Play. Play** more. **Play** a lot. Explore how you play in life and do it often.
- Understand what **scarcity** looks and feels like for you. How do you reinforce your effort towards what matters, satisfying what you want/need, and maintaining the **minimum dose**.
- Identify what type of **corrective experience** you need. Understand how an apology, closure, forgiveness, etc. close the loop for you. How do you **repair**?
- **Discover your story**. Identify how you **fill in the blanks** with past, present, or future stories, narratives, and explanations. Differentiate facts from fiction...
- Learn the ABCs of your **beliefs**. What are your "shoulds", "musts", and "have tos?"
- **Words matter**. Understand how **self-talk** impacts you as well as identify how words and language impact you.
- Get to know your different **parts**. We have a number of characters that live and operate within us. Get to know who sits at your table.

- Get to know your **Selves** - build **self-confidence** through practice by being open to exposure, experience, and reflection. Grow confidence through competence... (*Self's = Self Worth, Self Esteem, Self Efficacy, & Self Confidence*)
- Befriend your **quirks** and identify your **self-achievement** activities by discovering how “you do you!”
- Develop your **metrics of success**. Identify how you measure, acknowledge, and celebrate your effort and action.
- Identify your **headwind(s)** or **marshmallow** challenges. What are the invisible challenges in your life? What are the 3rd variables that others don't see, don't know, and wouldn't know unless you disclose those challenges.
- Understand how **trauma** has impacted you. **Firsthand or vicariously**. Seek to learn how to support yourself as well as how others can support you.
- Understand how you **show up** for yourself and with others. Identify and seek to understand what your role with others is. Including yourself.
- Identify your **capabilities, strengths, and superpowers**. In addition, know what your opportunities are, the traps in your life, your blind spots, and the obstacles you may need to overcome.
- Practice **vulnerability** by discovering your **blind spots**. Identify what you don't know by asking others – “what don't I know...”
- Explore what **forcing functions** move you. What feelings & emotions motivate you and how process and structure can support cultivating healthy habits & patterns. aka - discipline.
- Identify your **patterns** of behavior to understand what productive **habits** are and which ones are unproductive. Understand how the “**junk food**” habits (unproductive) impact both you and those you interact with. Seek to understand “what” their role is for you. Learn how to manage their impact – as needed.
- Understand we are not perfect. Rather a work in progress. Life is a series of **pressure tests** that inform your intentional practice towards your aspirational self. Practice **kindness** and **compassion** towards yourself...
- Practice setting **boundaries** by starting with yourself and then with others. Identify your **limits**, understand what “**me**” is and what is “**not me**.”
- Discover your limits – **load management** – and seek to understand how much **capacity** you have to manage the obstacles and demands of life. Understand when you need to say “not right now” and “no.”
- Practice being **self-full & true to you** by honoring your **wants/needs** vs. abandoning yourself to be what others want. e.g., Identity abandonment

- Practice being **PRO-social** by engaging in environments with others, being open to strangers, and putting yourself out there by sharing about you. By engaging with others you may reduce discomfort and open up connections you may never have imagined.
- Seek to understand and reflect upon how your **attachment system** becomes **activated**. When, where, or with whom...
- Discover how you **transition** from activity to activity. Seek to understand what you need. Share with others how they can support you.
- **Loss** happens. Be open to experiencing the dynamics of **Big "G"** and **little "g" grief**. Seek to understand what support looks and feels like for you. Be open to translating with others what support looks and feels like.

## **My Focus:** *Identify what matters most to you right now*

Please use this form to explore the problems or opportunities you'd like to focus on. The worksheet is divided into five sections. You **do not** have to complete every section fill out only the parts that apply to your current experience.

When describing each area, include **your related moods and emotions** to help deepen understanding of how these experiences affect you.

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### **Section 1: Thoughts & Beliefs**

*What beliefs or internal thoughts are affecting your mood or actions?*

#### **Examples:**

- "I believe my friends don't like me."
- "I feel sad, depressed, and lonely."

#### **Your Response:**

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### **Section 2: Behaviors, Patterns & Habits**

*Are there patterns you notice in your actions or reactions? What do you tend to do when stressed, hurt, or overwhelmed?*

#### **Examples:**

- "I can't stop getting defensive when people criticize me."
- "I feel angry, upset, and frustrated."

#### **Your Response:**

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### **Section 3: Situations, Places & Context**

*Are there specific environments or situations that cause stress or discomfort?*

#### **Examples:**

- "When I'm at work, I get anxious about speaking in meetings."
- "I feel shame, embarrassed, and want to quit."

#### **Your Response:**

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## Section 4: Social, Cultural, Relationship, People, or Family

*Are you experiencing challenges or opportunities with people in your life or within cultural/familial dynamics?*

### Examples:

- “My partner shuts down and walks away when I try to talk with them about a problem.”
- “I feel mad, anxious, and disconnected.”

### Your Response:

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## Section 5: All Other Areas

*Is there anything else important that doesn't fit into the above categories?  
(Examples: Communication, Boundaries, Trauma, Health, Self-Care, etc.)*

### Examples:

- “I struggle to say no and set healthy boundaries.”
- “I feel overwhelmed and tired all the time.”

### Your Response:

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## Sample: Areas of Practice

