SEVEN DAYS OF REFLECTION

Depth Recovery Reflections

A free companion to the themes of Depth Recovery.

Make time to notice your patterns, consider your choices, and choose a practical next step. Each day offers a short reading, an action, and a question with room to write.

How to use these pages

Read one reflection each day or choose the topic you need today.

Write a few honest sentences. You can use the space provided or your own notebook.

Choose one action you can manage. Return to these pages whenever they are useful.

Your seven days

1. Name what is happening
2. Choose what matters
3. Notice the familiar excuse
4. Pay attention earlier
5. Make room for rest
6. Ask for useful support
7. Begin again with care

New reflections adapted from the themes of the author's Depth Recovery manuscript. For personal reflection and everyday planning.

DAY 1

Name what is happening

You can begin with one honest sentence.

You do not have to explain your whole life today. Choose one situation you have been avoiding and describe it plainly. What happened? What did you do? What do you want to do differently? Stay with what you can observe. A difficult choice does not define everything about you. You can take responsibility for that choice without turning it into a judgment about your worth. If you are unsure what you need, you can say that too. Give yourself enough time to write an answer you recognize as true.

TODAY'S PRACTICE

Write one sentence about a pattern you want to change. Name one action you can take today.

REFLECT AND WRITE

What have I been describing vaguely, and what would a clear description sound like?

Today I can be honest and choose one next step.

DAY 2

Choose what matters

Your next choice can reflect a value you care about.

Wanting comfort is understandable. Before you make a familiar choice, pause and consider what it asks of you. Does it support the life you want? What will it mean for your time, commitments, and relationships? You do not need a perfect answer. Pick one value that matters today, such as honesty, steadiness, care, or respect. Then choose a small action that expresses it. You can seek comfort in ways that fit your commitments. Make your plan specific enough that you can recognize when you have followed it.

TODAY'S PRACTICE

Choose one value. Write a small action that puts it into practice and a time to begin.

REFLECT AND WRITE

Which choice today would help me act in line with what matters to me?

Today I will give one value a place in my actions.

DAY 3

Notice the familiar excuse

You can reconsider a thought before you act on it.

Notice the words that appear before a choice you later regret. Perhaps you tell yourself that it does not matter or that you will deal with it tomorrow. Write the words as you remember them. You do not need to argue with every thought or blame yourself for having it. Ask whether following it would support your intentions. If it would not, name another action you could take. You might postpone a nonessential decision, leave an unhelpful situation, or speak with someone you trust. Choose an option that is practical for you today.

TODAY'S PRACTICE

Write down one familiar excuse. Beside it, write a truthful response and an alternative action.

REFLECT AND WRITE

What do I tell myself before I move away from a commitment I want to keep?

Today I can notice a thought and choose my response.

DAY 4

Pay attention earlier

A small change deserves your attention.

Look at your recent days with curiosity. Have you been skipping plans, avoiding people, or leaving important tasks unfinished? These observations do not prove that something bad will happen. They give you information about what may need attention. Choose one change you have noticed and ask what would help you respond to it. Your answer can be simple. Confirm an appointment, return a message, or make tomorrow's plan easier to follow. You can ask for support before you have everything figured out. Early attention can be a practical expression of care for yourself.

TODAY'S PRACTICE

List three changes you want to notice sooner. Choose one and decide how you will respond.

REFLECT AND WRITE

What small change in my routine is asking for attention?

Today I can respond to what I notice.

DAY 5

Make room for rest

A realistic plan includes your limits.

Consider what you have been asking of yourself. Which tasks are necessary today? Which could wait or become smaller? Being tired does not make you less worthy of care. You can acknowledge your limits and still act responsibly. Look for one practical adjustment, such as a quieter evening, a short break, or help with a task. If you cannot change much about your day, choose the smallest change available. Your plan does not need to impress anyone. It needs to fit the time, energy, and support you actually have.

TODAY'S PRACTICE

Choose one demand to reduce and one period of rest to protect today.

REFLECT AND WRITE

What would I change about today's plan if I took my limits seriously?

Today I can make a plan that allows for rest.

DAY 6

Ask for useful support

You can make an honest, specific request.

Think of someone whose response you trust. What would you like that person to understand about your day? You can share only what feels appropriate and still be clear about what you need. Perhaps you want company, a check-in, help with a task, or someone to listen. State the request in ordinary words. The other person may have limits, and you can respect them while considering another source of support. Asking does not require you to tell your whole story. Start with the part that would help someone understand how to be useful.

TODAY'S PRACTICE

Choose a trusted person and make one specific request for support.

REFLECT AND WRITE

What kind of support would be useful, and how can I ask for it clearly?

Today I can let someone know what I need.

DAY 7

Begin again with care

An unfinished plan can be revised.

Review the past week without reducing it to success or failure. Name one action you followed through on and one that needs another attempt. Consider what helped, what got in the way, and what needs to change. If your actions affected someone else, think about a respectful next step that honors their boundaries. You do not have to demand immediate forgiveness or make a large promise. Choose something you can do consistently. A useful review ends with a realistic plan. Keep one practice that helped and make the next attempt small enough to begin.

TODAY'S PRACTICE

Write one thing to continue, one thing to adjust, and one action for tomorrow.

REFLECT AND WRITE

What have I learned this week that can make my next step more realistic?

Today I can learn from the week and begin again.