



Awareness Sheets

A collection of reflective self-awareness resources

1. Emotional Exhaustion

2. Repeating Patterns

3. Internal Vigilance

4. Self-Abandonment

5. Approval Seeking

6. Overthinking

7. Boundaries

A space to pause
A space to listen
A space to return to you.

Awareness Sheet #1 | Emotional Exhaustion

10 signs emotional exhaustion may be affecting you

Sometimes exhaustion is not physical. Sometimes it comes from carrying thoughts, emotions, responsibilities, and expectations for longer than we realise.

If any of the following feel familiar, *emotional exhaustion* may be contributing to how you feel.

1. You wake up tired even after sleeping

Rest no longer seems to restore your energy the way it once did.

2. Small tasks feel unusually heavy

Things that were once manageable now require more effort than expected.

3. You feel emotionally flat

You are functioning, but not feeling particularly connected, inspired, or engaged.

4. You find yourself withdrawing

Social interaction can feel more draining than nourishing.

5. You struggle to feel motivated

Even important goals may feel difficult to engage with.

6. You become irritated more easily

Your emotional capacity feels reduced.

7. You keep pushing through

You continue functioning despite recognising you may need rest or support.

8. You rarely give yourself permission to pause

There is always something else that needs attention.

9. You feel disconnected from yourself

You are meeting responsibilities but losing connection with your own needs.

10. You cannot remember the last time you felt genuinely restored

Recovery has become temporary rather than complete.



A Gentle Reflection

Ask yourself:

*** What in my life feels heavier than I have been willing to acknowledge?**

There is nothing to fix.

Nothing to force.

Simply notice.

Sometimes awareness begins when we honestly acknowledge what we have been carrying.

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Awareness Sheet #2 | Repeating Patterns

10 signs a pattern may be repeating in your life

Patterns rarely repeat because we consciously choose them. More often, they repeat because they have become familiar.

If any of the following feel familiar, a *repeating pattern* may be influencing your experience.

1. You keep facing similar frustrations

The circumstances may change, but the feeling remains familiar.

2. You find yourself asking the same questions

You feel as though you've been here before.

3. Similar relationship dynamics keep appearing

Different people, similar experiences.

4. You repeatedly make promises to yourself that are difficult to maintain

The intention is genuine, but the outcome remains unchanged.

5. You feel stuck despite wanting change

You know what you want but don't know what's required to get a different outcome.

6. You blame circumstances but notice a familiar outcome

Different situations produce similar results.

7. You react before you realise you are reacting

The response feels automatic.

8. You feel frustrated by your own behaviour

Part of you knows there is another way, yet the familiar pattern continues.

9. You recognise the pattern after it happens

Awareness arrives, but often afterwards.

10. You suspect there is something deeper beneath the surface

You sense the pattern is trying to reveal something important.



A Gentle Reflection

Ask yourself:

*** What keeps repeating in my thoughts, relationships, or decisions?**

There is nothing to judge.

Nothing to resist.

Simply notice.

Sometimes awareness begins when we stop asking:

"Why does this keep happening?". and start asking, "What might this be trying to show me?"

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Awareness Sheet #3 | Internal Vigilance

10 signs your mind may be stuck in Internal Vigilance

Sometimes exhaustion is not caused by how much we are doing. Sometimes it comes from how much our mind has become accustomed to monitoring.

If any of the following feel familiar, you may be experiencing what I call *Internal Vigilance*.

1. You struggle to fully switch off

Even when there is nothing urgent requiring your attention, your mind remains active.

2. You find yourself anticipating problems

You often think ahead to what might go wrong and how to prevent it.

3. Relaxation feels uncomfortable

Moments of stillness can feel unfamiliar, unproductive, or difficult to sustain.

4. You mentally rehearse conversations

You regularly replay past interactions or prepare for future ones.

5. Your attention keeps scanning

You find yourself checking, monitoring, managing, or looking for what needs attention next.

6. You carry responsibility long after the moment has passed

Even when others have moved on, your mind may continue holding the situation.

7. You feel tired without knowing why

Physical rest doesn't always seem to restore your energy.

8. You rarely feel "finished"

There is often a sense that something else still needs doing, fixing, or preparing for.

9. You are known as the reliable one

Others may depend on you because you are capable, organised, and dependable.

10. You have forgotten what your mind is monitoring

The habit has become so normal that you no longer notice it happening.

A Gentle Reflection

Ask yourself:

*** What do I notice my mind habitually monitoring?**

There is nothing to fix.
Nothing to change.
Simply notice.



Sometimes awareness begins the moment we start observing what has quietly become normal.

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10 signs you may be Abandoning yourself

Self-abandonment rarely begins with a dramatic decision.

More often it develops through small moments where we ignore what we know, feel, need, or value.

Over time these moments accumulate.

1. You say yes when you want to say no.

You regularly agree to requests, expectations, or commitments that do not genuinely align with your needs.

2. You ignore your exhaustion and keep pushing.

Rather than resting or recalibrating, you continue performing despite feeling depleted.

3. You dismiss your feelings

You minimise, rationalise, or overlook your emotional experience because it seems less important than everyone else's.

4. You stay silent when something matters

You avoid expressing what you truly think, feel, or need in order to maintain harmony or avoid discomfort.

5. You remain in situations you have outgrown

Part of you already knows something is no longer aligned, yet you continue because change feels difficult or uncertain.

6. You prioritise others at your own expense

You consistently focus on meeting the needs of others while neglecting your own wellbeing.

7. You ignore what your intuition is telling you

You sense something isn't right, but repeatedly override your inner knowing.

8. Resentment is quietly building

Unexpressed needs, boundaries, or truths often accumulate beneath the surface as frustration or bitterness.

9. You have lost touch with what you want

You spend so much time responding to life that you rarely pause to consider your own desires, needs, or direction.

10. You feel disconnected from yourself

You may appear functional on the outside while internally feeling distant from who you truly are.



A Gentle Reflection

Ask yourself:

What truth, feeling, need, or boundary have I been ignoring?

A space to pause | A space to listen | A space to return to you.





Continue Exploring

You may also find helpful:

- * **A Return to Centre Workbook**

A guided self-awareness workbook.

- * **Weekly Reflections**

Gentle observations delivered each week.

- * **Personal Guidance Sessions**

For those seeking deeper support and exploration.

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