

IS THIS DYSFUNCTION OR DISCOMFORT? *AND NOW WHAT?*

A reflection worksheet for knowing when to stay, when to speak up, when to step back, and when to let go.

Before you begin: Not everything that feels uncomfortable is unhealthy. And not everything that feels familiar is healthy. The goal isn't to label someone else or make a quick decision. It's to get curious about what is happening, what belongs to you, and what your next right step might be.

1 WHAT AM I EXPERIENCING?

The situation I'm thinking about:

What am I feeling?

- ☐ Hurt ☐ Anxious ☐ Confused ☐ Sad ☐ Overwhelmed ☐ Other: _____
☐ Angry ☐ Guilty ☐ Resentful ☐ Disappointed ☐ Afraid

What is my body telling me? _____

2 IS THIS DYSFUNCTION OR DISCOMFORT?

DISCOMFORT *might sound like:*

- This is hard, but it may be good for me.
- Someone is disappointed with my boundary.
- I don't like this, but I feel safe.
- This is stretching me, not diminishing me.

DYSFUNCTION *might look like:*

- Repeated disrespect
- Manipulation or control
- Constant walking on eggshells
- Feeling responsible for someone else's emotions or choices

Which feels more like what I'm experiencing?

- ☐ Mostly discomfort ☐ Mostly dysfunction ☐ A little of both ☐ I honestly don't know yet

3 MINE / NOT MINE / PARTIALLY MINE

MINE

My choices. My words. My boundaries. My responses.

NOT MINE

Their feelings. Their choices. Their reactions. Their willingness to change.

PARTIALLY MINE

Where do I have some responsibility—but not all of it?

4 AND NOW WHAT?

My next right step might be:

- ☐ Have the conversation ☐ Stop explaining myself ☐ Let go of something that isn't mine
☐ Set a boundary ☐ Take some space ☐ Accept what I cannot change
☐ Hold a boundary ☐ Ask for help or wise counsel ☐ Something else: _____

What is one small, honest step I can take? _____

One thing I will release: _____ One thing I will trust God with: _____

You don't have to harden your heart to protect your peace.
Soft heart. Clear boundaries. Less carrying. More freedom.