



One Step Forward, Then Faceplanted

So you slipped. Welcome to being human. Let's unpack the pattern, not the shame spiral.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I fall back into an old habit or pattern today? Yes No _____

2. What triggered it, and did I see it coming? _____

3. Was I harder on myself than I'd be on someone else? Yes No _____

4. Did I do anything to slow the spiral or ride it out? Yes No Explain

5. What was I *really* trying to protect or avoid? _____

6. What helped me bounce back—or what might help next time? _____

7. Did I let today define my progress? Yes No _____

8. What would I do differently if I got a do-over? _____

9. Who could I talk to about this without shame? _____

10. What does 'getting back up' look like tomorrow? _____
