

# Reconnect with the Present

## Purpose

We're reducing rumination about the past and restoring choice in the present.

## How to Use

This worksheet is designed to be gentle and practical: choose one real situation, move through each section without overthinking, and then take the smallest next step today. Let it be a companion you can use on your own—steadying attention, clarifying needs, and building momentum—or bring it to a mental health practitioner for added support and accountability.

Working with a therapist, counselor, or coach can deepen the insights you gain here and help translate them into sustainable change. However you use it, focus on completions over perfection and trust that small, present-focused actions add up.

### 1. Quick Self-Check

- Energy focus (circle): Mostly Past / Mixed / Mostly Present
- Rumination frequency (0–10): \_\_\_\_
- Common escape loops (check):  scrolling  clicking/watching  busyness  cleaning/organizing  drinking  other: \_\_\_\_\_
- Body cues (check):  tightness  heaviness  numbness  agitation  collapse  other: \_\_\_\_\_

### 2. Name What's Happening

- Direct statement: "I've been living in the past. I want to re-orient to now."
- What staying in the past is costing us (one sentence):  
\_\_\_\_\_
- What present-day engagement would give us (one sentence):  
\_\_\_\_\_

### 3. One Environmental Change (Today)

Choose one small move to signal "I'm here."

- Action (check one):  clear a closet  move a chair  release one object  rearrange desk  fresh scent/light  other: \_\_\_\_\_
- Why this change matters (impact/value): \_\_\_\_\_
- Done by (date/time): \_\_\_\_\_

### 4. 30-Day Near-Term Goals

Define outcomes. Make first tiny actions explicit.

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- Goal 1: \_\_\_\_\_ → First tiny action (≤10 min):  
\_\_\_\_\_ → Deadline: \_\_\_\_\_
- Goal 2: \_\_\_\_\_ → First tiny action (≤10 min):  
\_\_\_\_\_ → Deadline: \_\_\_\_\_
- Goal 3: \_\_\_\_\_ → First tiny action (≤10 min):  
\_\_\_\_\_ → Deadline: \_\_\_\_\_

### 5. Care for the Body (Regulation Plan)

- Sleep target (bed/wake times): \_\_\_\_\_
- Movement (minimum commitment): \_\_\_\_\_
- Nutrition (one consistent anchor): \_\_\_\_\_
- Breath cue (pick one):  4-6 paced breath  diaphragmatic breathing  5-4-3-2-1 senses  orienting with eyes
- Where/when we'll do this today: \_\_\_\_\_

### 6. Feelings Literacy (Signals vs. Stories)

- Signals (sensations, impulses, needs): \_\_\_\_\_
- Stories (interpretations, narratives): \_\_\_\_\_
- Parts-aware note (optional): Protector prefers the past because \_\_\_\_\_. Vulnerable part fears present pain because \_\_\_\_\_.
- Compassionate message to all parts: \_\_\_\_\_

### 7. Support Map

- People/resources (name + role): \_\_\_\_\_
- One request we'll make (clear, doable): \_\_\_\_\_
- Professional support options (check):  medical check-in  counselor/therapist  coach  group/community

### 8. Daily Present Cue (Track Completions)

Choose one unambiguously "now" action. Mark it done each day (✓).

- Cue (pick one):  1-minute journal note  mindful breath set  call/text a friend  15-minute walk  nature contact
- 14-day tracker:  
Day 1 \_\_\_ Day 2 \_\_\_ Day 3 \_\_\_ Day 4 \_\_\_ Day 5 \_\_\_ Day 6 \_\_\_ Day 7 \_\_\_  
Day 8 \_\_\_ Day 9 \_\_\_ Day 10 \_\_\_ Day 11 \_\_\_ Day 12 \_\_\_ Day 13 \_\_\_ Day 14 \_\_\_

### 9. Rumination Interrupt Plan

- Early warning sign (thought/behavior): \_\_\_\_\_
- Interrupt line (repeat calmly): "I'm choosing 'now.' Next step: \_\_\_\_\_."
- Replacement action (≤5 min): \_\_\_\_\_



## 10. Nature Reset (Optional)

- Where we'll walk (nature preferred): \_\_\_\_\_
- Duration: [ ] 15 min [ ] 30 min [ ] 45+ min
- Before/after check-in (0–10 rumination): Before \_\_\_\_ → After \_\_\_\_
- One observation from the walk (sensory detail): \_\_\_\_\_

## 11. Gentle Close-Out

- Next 10 minutes: the smallest kind action we'll take: \_\_\_\_\_
- Word for how we're leaving: \_\_\_\_\_

## Anti-Oppression Note

Grief and inertia aren't moral failings; they are understandable responses shaped by context—loss, systemic barriers, caregiving responsibilities, health constraints, work conditions, access to resources, and safety. Let's do this internal work and continue to consider power, marginalization, and lived realities before drawing conclusions (or judging ourselves) about "motivation" or "discipline." We center dignity, consent, and choice. We can honor what's true—without blame or rush—while restoring present-day agency through small, doable actions, clear boundaries, and supportive structures. Piece by piece, we strengthen choice in the present while respecting the contexts that shape us.

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## About NorthFeather

NorthFeather Coaching provides anti-oppressive, parts-aware coaching and facilitation for growth, resilience, and change.

NorthFeather Solutions is a coaching and consulting practice led by Carrie E. Neal. It focuses on human-centered, anti-oppressive approaches to personal, executive, organizational, and spiritual development. The work emphasizes resilience, nervous-system awareness, and clarity in decision-making, using parts-aware practices (IFS-informed) to help people and teams navigate change with integrity.

Core offerings include 1:1 transformative coaching, classes and group spaces that build emotional intelligence and community, and organizational consulting/facilitation that aligns structures with human needs.

- NorthFeather Coaching: <https://northfeathercoaching.com>
- NorthFeather Organizational Consulting: <https://northfeather.solutions>
- NorthFeather Thoughts (blog): <https://northfeatherthoughts.com>

