

# Phase Check-In Worksheet

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Standing on the Ledge Worksheet | v1.0 | March 17, 2026

A check-in for locating yourself in the collapse-to-rebuild process.

## Important disclaimer

For educational, reflective, and self-guided use only. Not a substitute for medical care, mental health treatment, legal advice, crisis intervention, or financial advice. Stop if distress increases. If you are in immediate danger or may harm yourself or someone else, contact local emergency services or a crisis line right away.

You do not need to force yourself into the wrong phase. The point is to respond to the ground you are actually standing on.

## Phase markers

Phase	What it often looks like	Circle / note
0	Prevention, strain, warning lights, things starting to slip.	
1	Collapse, shock, loss, acute instability, stop the bleed.	
2	Triage, regaining traction, reduced chaos, narrow focus.	
3	Stabilizing, routines returning, systems holding more often.	
4	Building, expanding, planning, reclaiming territory.	

## Right now

Which phase feels most accurate and why?

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What is the real priority at this phase?

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What am I trying to do too early?

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What support would help most right now?

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## Next move

What is one action that fits this phase?

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**What is one action that does not fit this phase and can wait?**

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Use what helps. Leave what does not. These materials are meant to support reflection and action, not to replace qualified professional care.