

Physician, Heal Thyself Audit

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

A self-audit for contradictions, drift, and neglected maintenance.

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.

This is not for self-punishment. It is for catching the gap between what you say matters and what your current pattern actually shows.

Reality check

Area	What I say matters	What my recent pattern shows
Health		
Work		
Money		
Relationships		
Rest / Recovery		

Where I am out of alignment

What pattern am I excusing that is costing me?

What truth have I known for a while but not acted on?

What am I asking of others that I am not practicing myself?

Repair plan

Small repair	What it protects	When I will do it
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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.