



INDIVIDUALS:

The One Issue You Keep Carrying: A Reflective Assessment for the Year Ahead

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Individual Accountability & Reality Check

This is not a reflection exercise.

This is not about insight or self-improvement.

This is about identifying the issue you keep dragging with you – and your role in allowing it to stay.

Answer this alone.

Do not justify.

Do not minimize.

If you feel defensive, note that instead of changing your answer.

SECTION 1: Where You Actually Are

Be honest, not aspirational.

On a scale of 1-5, how happy, content, or peaceful are you right now?

1 - Miserable

2 - Unhappy

3 - Functioning but dissatisfied

4 - Mostly content

5 - Peaceful

My number: _ 1 _ 2 _ 3 _ 4 _ 5

Why did you choose that number?

(Not what should make you happier – what actually is.)

SECTION 2: The Issue You Keep Carrying

No backstory. No explaining. Name it.

1. What is the same issue or pattern that keeps showing up in your life?

In relationships:

At work:

Under stress:

In conflict:

2. What do you complain about most in other people?

3. What conversation do you keep postponing?

4. If someone who knows you well answered this for you, what would they say your issue is?

The one issue I keep carrying is:

SECTION 3: How You Avoid It

Be honest. This matters. Check all that apply:

- I downplay it
- I explain it away
- I rationalize it
- I blame others
- I wait for someone else to change
- I stay busy so I don't have to deal with it

How this shows up in real life:

SECTION 4: Who You've Blamed

Be direct. Who have you blamed – openly or quietly – for:

<input type="checkbox"/> your feelings	<input type="checkbox"/> your reactions
<input type="checkbox"/> your behavior	<input type="checkbox"/> your stuckness
<input type="checkbox"/> Parents	<input type="checkbox"/> Partner / ex
<input type="checkbox"/> Children	<input type="checkbox"/> Work
<input type="checkbox"/> Trauma / past	<input type="checkbox"/> Circumstances
<input type="checkbox"/> Other people	<input type="checkbox"/> Yourself

How blaming them has allowed you to avoid dealing with your part:

SECTION 5: The Issue You've Tried Not to Accept

This is the core.

What issue have you tried like hell to deny, avoid, minimize, or pretend isn't the real problem?
Not the surface issue. The real one.

Why don't you want to accept this?

SECTION 6: The Pattern That Keeps Resetting

Name the loop.

What patterns do you keep resorting to that land you right back in the same place?

- Avoidance
- Over-functioning
- Control
- Withdrawal
- People-pleasing
- Anger
- Shutting down
- Escaping / numbing

Describe the pattern:

How long has this pattern been running?

- Less than 1 year
- 1-3 years
- 3-5 years
- Longer than I want to admit

SECTION 7: Nervous System / Body Reality Check

Do not analyze. Just notice.
When this issue comes up, my body:

- Tightens
- Speeds up
- Shuts down
- Gets defensive Goes numb
- Feels exhausted

Where I feel it in my body:
(Your body reacts before your thoughts catch up. This is not accidental.)

SECTION 8: Ownership (Not Blame)

This is about responsibility, not punishment.

1. How do you contribute to this issue continuing?

- What do you do?
- What do you tolerate?
- What do you avoid?

2. What have you tried that did not actually change anything?

- Avoided it
- Talked about it without changing behavior Hoped time would fix it
- Expected someone else to change
- Tried to “understand” it instead of address it

SECTION 9: The Generational Pattern

This is not about blaming your family. It is about stopping transmission.
What generational pattern or “curse” are you allowing to stay alive?

Examples:

- Avoiding hard conversations
- Emotional shutdown
- Addiction / numbing
- Staying in unhealthy relationships
- Control or rigidity
- Silence
- Explosive conflict

Describe what's being passed down:

What happens if this continues into the next generation?

SECTION 10: How You Feel About Yourself

Answer without judging the answer.

On a scale of 1-5, how much do you genuinely like yourself?

- 1 - I don't
- 2 - Rarely
- 3 - Sometimes
- 4 - Mostly
- 5 - I do

My number: _ 1 _ 2 _ 3 _ 4 _ 5

What makes this difficult for you?

SECTION 11: Accountability (No Soft Exit)

Finish the sentences honestly.

The one issue I need to address is:

I have avoided it by:

If I don't deal with this, my life will look the same next year.

- True
- Still true

STOP

Do not turn this into insight only. Do not explain it away.

Do not minimize.

This document is not meant to make you feel better. It is meant to make you honest.

Bring this into session.