



FOR TEENS:

**Unfinished Work:
A Reflective Assessment
for the Year Ahead**

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This isn't about being dramatic. It's about being honest.
You don't have to have everything figured out.

But you do need to tell the truth – especially to yourself.
Answer what you can. Skip what you're not ready for.

PART 1: Where You Are Right Now

On a scale of 1-5, how are you doing overall?

- 1 - Not okay
- 2 - Struggling
- 3 - Managing
- 4 - Mostly okay
- 5 - Good / steady

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

Why that number?

PART 2: The Problem That Keeps Showing Up

What is the same issue or struggle that keeps coming back in your life?
(With family, friends, school, or yourself.)

How long has this been going on?

- _ A few months
- _ About a year
- _ A few years
- _ As long as I can remember

PART 3: Patterns & Reactions

When this problem shows up, I usually:

- _ Get angry
- _ Shut down
- _ Avoid
- _ Get defensive
- _ Say things I regret
- _ Pull away from people
- _ Try to control things
- _ Pretend I don't care

What I usually do:

PART 4: My Body

When this problem shows up, my body:

- ☐ Feels tense
- ☐ Feels heavy or tired
- ☐ Feels anxious
- ☐ Feels numb
- ☐ Feels overwhelmed

Where I feel it:

PART 5: How I Feel About My Life & People

Write honestly. Short answers are okay.

My family:

My parents / caregivers:

My siblings:

My friends:

School / grades / pressure:

PART 6: My Voice

I feel heard when:

People who really listen to me:

People who understand me:

People who don't listen to me:

People who judge me:

People who get angry fast:

People who accept me as I am:

PART 7: How I Feel About Myself

Things I like about myself:

Things I don't like about myself:

One thing that bothers me most about my life right now:

PART 8: What Others Say I Need to Change

People have told me I need to change:

- _ My attitude
- _ My reactions
- _ My behavior
- _ How I talk
- _ My emotions
- _ My effort
- _ Other:

Who usually says this:

When I hear this, it makes me feel:

- _ Angry
- _ Ashamed
- _ Sad
- _ Defensive
- _ Like I'm not good enough
- _ Like they don't get me

What I wish they understood instead:

PART 9: What I Haven't Said Out Loud

Something I wish I could say but haven't:

One thing I wish I could change in my life:

PART 10: Safety Check (Important)

Sometimes when people feel overwhelmed, stuck, or hopeless, they think about hurting themselves – even if they don't want to act on it.

Have you ever had thoughts about hurting yourself or not wanting to be here?

- ☐ No
- ☐ Yes, in the past
- ☐ Yes, recently
- ☐ I'm not sure

If you answered yes or maybe, you don't have to handle that alone. Who feels safe to talk to about this? (This is something we can talk about together.)

PART 11: Accountability (Teen Version)

One thing I know I need help with is:

One thing I do that makes this harder sometimes:

One thing I'm willing to try working on:

For Session

This worksheet helps us understand:

- > patterns, not just behavior
- > what you feel vs. what you show
- > who hears you and who doesn't
- > where you're stuck

We'll take this at your pace.