



# Psychotherapy

## HOPE AND HEALING

### Slow is Fast — Guided Reflection Worksheet

*"Smile, breathe, and go slowly." — Thich Nhat Hanh*

#### **What "Slowing Down" Really Means**

*Slowing down isn't about stopping everything or losing momentum. It's about creating space in your life for what matters most. This worksheet is a tool to help you get curious about your pace, beliefs, and needs without judgment. There are no right or wrong answers—just an opportunity for honest reflection.*

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#### **Step 1: Notice Your Current Pace**

*Take a moment to reflect on where you feel rushed, pressured, or stretched too thin.*

**Prompt:** *In what areas of my life am I moving too fast right now?*

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#### **Step 2: Explore Your Beliefs**

*Our pace is shaped by deeply held beliefs about productivity, rest, and worth. Identifying these beliefs is crucial for creating lasting change.*

**Prompt:** What are some thoughts or beliefs that I hold about slowing down?

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**Prompt:** How do these beliefs impact my choices in life?

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### **Step 3: Identify What Already Helps**

You likely already have tools or habits that naturally help you slow down. Recognizing these can help you build on what already works.

**Prompt:** What helps me slow down without feeling guilty or "unproductive"?

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### **Step 4: Recognize Moments of Alignment**

Noticing the times you already feel grounded can help you create more of those moments.

**Prompt:** When do I feel most present and grounded during my day?

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### **Step 5: Create Space**

*Slowing down often requires releasing something else. Even one small shift can open up more room for rest and reflection.*

**Prompt:** *What is one commitment or habit I could release to create more space?*

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### **Step 6: Take a Small Step**

*Slowing down is a practice, not a one-time change. Start small.*

**Prompt:** *What is one small step I can take this week to slow down?*

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### **A Note from Psychotherapy, Hope and Healing**

*Slowing down takes practice and courage. As you explore these questions, notice your thoughts and feelings with kindness and compassion. The act of reflecting is itself a way of slowing down.*

*Healing begins with creating space to simply be. You've just taken the time to reflect deeply, and that is meaningful work. Give yourself permission to rest, move gently, and take care of yourself.*