

A FREE GUIDE - THE CROSSROADS PROGRAM

Where Am I Right Now?

A Self-Assessment

When life feels stuck, heavy, or simply no longer yours —the first step is not a plan. It is an honest look at where you actually are. This guide helps you do exactly that.

- Stage 1 — Completing
- Stage 2 — The In-Between
- Stage 3 — Letting Go
- Stage 4 — Finding New Ground

BEFORE YOU BEGIN

You are not lost. *You are at a crossroads.*

Something has shifted. Whether it arrived through your body — through fatigue, tension, or symptoms that won't resolve — or through a quiet but persistent sense that the life you've been living no longer fits, you are navigating one of the most significant passages a person can move through.

These moments are not signs that something is wrong with you. They are signs that something important has not yet been heard.

What if this is not a failure — but the most intelligent signal your life has ever sent you?

Every crossroads involves a transition. And every transition moves through recognisable stages. Knowing which stage you are in doesn't explain everything — but it can bring immediate relief. It helps you stop judging yourself for how you feel, and start understanding what that feeling is actually asking of you.

HOW TO USE THIS GUIDE

1	2	3	4
READ EACH STAGE	TICK WHAT RESONATES	NOTICE WHERE MOST LAND	READ THE REFLECTION
Read through all four stage descriptions. Don't skip ahead — sometimes the one that fits is not the one you expect.	For each stage, tick the statements that feel true right now. Don't overthink it — go with your first response.	The stage where you tick the most is likely where you are. You may find elements of two — that's also useful information.	Each stage includes what it asks of you, and a short grounding practice you can use right now.

There is no better or worse stage. Each one is a valid place to be. The work is not to move through them faster — it is to understand the one you are in.

THE TRANSITION STAGES

STAGE 1 · Completing

Something is finishing — even if it hasn't fully ended yet.

This is the stage of the ending that hasn't been officially named yet. Something — a chapter, a role, a relationship, an era of your life — is reaching its natural conclusion. You may feel this more than you can explain it. Things that used to sustain you no longer do.

THIS STAGE OFTEN FEELS LIKE

running out of steam · going through the motions · a quiet withdrawal · reduced motivation · mild but persistent fatigue · watching something you built become less yours

TICK WHAT RESONATES WITH YOU RIGHT NOW

- ☐ I am still doing what I've always done, but the energy behind it has quietly left.
- ☐ Something I used to care about deeply no longer calls to me in the same way.
- ☐ I find myself more irritable, withdrawn, or easily depleted than before.
- ☐ I sense an ending but haven't been ready — or able — to name it out loud.
- ☐ I keep waiting for motivation to return, but it doesn't quite come back.
- ☐ Part of me knows something needs to change — but I'm not yet sure what or how.

MY SCORE FOR STAGE 1

How many statements did you tick? Note it here and compare with the other stages.

IF THIS IS YOUR STAGE, IT IS ASKING YOU TO

- Stop judging the loss of energy as laziness or failure — it is information.
- Allow yourself to name, quietly and honestly, what is ending.
- Resist the urge to fix it by working harder. That is not what this stage needs.
- Create some space — not for the next thing, but simply to let this chapter close properly.

THE TRANSITION STAGES

STAGE 2 · The In-Between

The old has ended. The new has not yet arrived.

This is often the most disorienting stage — and the most misunderstood. You are not stuck. You are between chapters. The previous one has genuinely ended, and the next has not yet declared itself. This space can feel empty, directionless, or even frightening. It is also, quietly, the most generative place you can be.

THIS STAGE OFTEN FEELS LIKE

floating without an anchor · not knowing who you are anymore · emptiness where purpose used to be · restless searching · pressure to decide before you're ready · grief without a clear cause

TICK WHAT RESONATES WITH YOU RIGHT NOW

- ☐ I feel like I've lost my sense of who I am — or what I'm for.
- ☐ The old life has ended, but I have no clear picture of what comes next.
- ☐ I keep reaching for certainty or direction and finding nothing solid to hold onto.
- ☐ I feel pressure — from others or from myself — to have an answer I don't yet have.
- ☐ There is a quiet grief I can't quite name or locate.
- ☐ I oscillate between hope and fear, sometimes in the same hour.

MY SCORE FOR STAGE 2

How many statements did you tick? Note it here and compare with the other stages.

IF THIS IS YOUR STAGE, IT IS ASKING YOU TO

- Resist the urge to fill the emptiness with premature decisions or forced busyness.
- Trust that direction will emerge — it cannot be forced from this place, only allowed.
- Notice what you are drawn to, however small or irrational it seems.
- Find at least one person or space where you don't have to perform having it together.

THE TRANSITION STAGES

STAGE 3 · Letting Go

You can see what needs to release — but releasing it is its own work.

You know something needs to change. You may even know what. But knowing and releasing are very different things. This stage involves a conscious — sometimes painful — process of loosening your grip on identities, habits, relationships, or ways of being that no longer serve who you are becoming.

THIS STAGE OFTEN FEELS LIKE

grief and relief at once · resistance to what you know is true · loss of familiar identity · fear of what others will think · a part of you holding on, a part ready to go

TICK WHAT RESONATES

- ☐ I know what needs to end or change, but I'm not fully ready to let it go.
- ☐ I am grieving something — a version of myself, a relationship, a life I thought I would have.
- ☐ I feel afraid of who I will be without the thing I am holding onto.
- ☐ Part of me is ready. Another part keeps finding reasons to stay.

MY SCORE FOR STAGE 3

How many statements did you tick? Note it here and compare with the other stages.

IF THIS IS YOUR STAGE, IT IS ASKING YOU TO

- Name clearly what you are holding onto — and what it costs you to keep holding it.
- Allow grief to be present without rushing toward resolution.
- Distinguish between what is genuinely yours to keep, and what has simply become familiar.
- Identify one small thing you could release — not everything at once, but something real.

THE TRANSITION STAGES

STAGE 4 · Finding New Ground

Something is beginning to take shape.

Direction is beginning to emerge. It may still be fragile or unclear, but there is a sense — however tentative — of something forming. This stage is not the end of the journey. It is the beginning of learning to trust and embody a new orientation.

THIS STAGE OFTEN FEELS LIKE

tentative new energy · glimpses of direction · fear of getting it wrong · excitement mixed with doubt · needing to tell someone

TICK WHAT RESONATES

- ☐ I have a sense of direction — even if I can't fully articulate it yet.
- ☐ Something new is beginning to call to me — and I am cautiously listening.
- ☐ I feel more alive in some moments, but uncertain whether I can trust it.
- ☐ I know what my next step is — but I haven't yet taken it.

MY SCORE FOR STAGE 4

How many statements did you tick? Note it here and compare with the other stages.

IF THIS IS YOUR STAGE, IT IS ASKING YOU TO

- Resist the pressure to have it all figured out before you move — direction clarifies through action.
- Share what is forming with at least one person who can witness it without deflating it.
- Identify the first aligned step, however small, and take it before the doubt returns.
- Know that uncertainty at this stage is not a sign something is wrong — it is the territory.

A GROUNDING PRACTICE · FOR WHEREVER YOU ARE

The Three-Minute *Pause*

Wherever you find yourself in the four stages, this simple practice helps you return to what is actually happening — rather than what you fear, resist, or are trying to force. It takes three minutes. You can do it anywhere.

1

PAUSE · STOP WHAT YOU ARE DOING

Set a timer for three minutes. Put down whatever you are carrying — literally and figuratively. Sit, if you can. Let your weight settle into the chair or floor. You don't need to do anything yet. Just arrive. As you are.

2

OBSERVE · NOTICE YOUR INNER STATE WITHOUT FIXING IT

Ask yourself quietly: what is actually here right now? Not what you think should be here, or what you wish were different — what is actually present? Notice any tension in the body. Any heaviness or lightness. Any emotion that is trying to get your attention. Don't analyse it. Just notice it.

3

THE CONTACT CHECK · ONE HONEST QUESTION

Ask yourself: does what I am doing, thinking, or feeling bring me into greater contact with my experience — or away from it? Contact means presence, clarity, honest awareness. Removal means distraction, avoidance, or performance. Neither answer is wrong. But the question itself begins to shift something.

4

RETURN · BRING ONE THING WITH YOU

Before you return to the day, notice one small thing: a word for where you are, a sensation in your body, something that wants more attention than you've been giving it. You don't need to do anything with it right now. Simply carrying it consciously is enough.

This practice is not about achieving stillness or arriving at an insight. It is simply about returning — briefly, regularly — to what is actually true for you. That is where direction begins.

Knowing where you are is not a small thing.

It is the beginning of everything that comes next.

You have just done something many people avoid: you looked honestly at where you actually are. That matters more than it might seem. The patterns that keep us stuck are almost always invisible — until someone offers a mirror. This guide is that mirror.

WHERE YOU CAN GO FROM HERE

Sit with what you found. You don't need to act immediately. Let what surfaced settle for a day or two. Notice what comes up — a sense of recognition, a feeling you've been avoiding, a question that won't go away.

Use the three-minute practice daily. Even once a day, this simple check-in builds a quality of honest self-contact that most of us have lost. It doesn't need to be longer than three minutes to make a real difference.

Book a free 30-minute conversation. If this guide has resonated — if you recognise yourself clearly in one of the stages — I'd welcome a conversation. No pressure. No agenda. Just an honest exchange to see where you are and what might help.

THE CROSSROADS PROGRAM · 7-WEEK GROUP JOURNEY

When you're ready to go deeper

The Crossroads Program is a 7-week live group process for people navigating exactly the territory this guide describes. It takes you from where you are now — with all its uncertainty and weight — through a structured, supported journey toward clarity, meaning, and an embodied sense of direction. Not a plan imposed from outside. A direction that emerges from inside.

markmcdonnelltherapy.com · [Book a free 30-min call to learn more](#)

Mark McDonnell · +31 6 25 42 98 46 · info@markmcdonnell.nl · markmcdonnelltherapy.com

Greater contact with life — not separation from it.