WHERE ARE YOU IN THE CROSSING?

An R4 Style Guided Reflection Activity

Name: _____ *Name is optional.*

Participation agreement: You may speak, write, listen, reflect, or pass. Sharing is voluntary. Please respect the privacy of others and do not repeat personal stories outside the workshop.

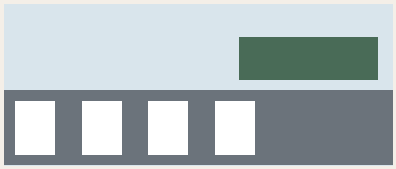
1. PLACE YOURSELF IN THE CROSSING



THE CURB
Recognizing change



THE CROSSWALK
Moving through uncertainty



THE OTHER SIDE
Rebuilding differently

Circle, check, or place a sticker beside the image that best reflects where you are today. You may be in more than one place.

- ■ The Curb
- ■ The Crosswalk
- ■ The Other Side
- ■ More than one place
- ■ I am not sure yet

THE CURB - RECOGNITION

Something has changed, no longer fits, or can no longer be ignored.

What has changed?

THE CROSSWALK - UNCERTAINTY

I am making decisions, accepting help, adapting, or taking one step at a time.

What feels uncertain?

THE OTHER SIDE - REBUILDING

I am developing a new routine, redefining independence, or reconnecting with meaning.

What might rebuilding look like?

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2. WHICH OF THE FOUR R'S FEELS MOST PRESENT?

■ **ROCK BOTTOM** Recognition: What needs to be acknowledged?	■ **RECOVERY** Support and stability: What help do I have or need?
■ **RESILIENCE** Adaptation: What might I do differently now?	■ **REINVENTION** Meaning and purpose: What still matters to me?

My reflection:

BUILD YOUR R4 STYLE TOOLBOX

Support, adaptation, meaning, and one honest next step

3. MY SUPPORT MAP

People I can contact

Examples: Family, friend, neighbor, caregiver, doctor, counselor

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Services or organizations I can use

Examples: HESSCO, senior center, transportation, support group, health-care provider

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Practices that help me stay steady

Examples: Rest, walking, music, prayer, writing, calling someone, attending a group

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4. MAKE THE NEXT STEP SMALLER

When a step feels overwhelming, ask:

- Can I make it smaller?
- Can I ask someone to take it with me?
- Can I get more information first?
- Can I focus only on what needs to happen next?
- Can I ask HESSCO or another organization for help?

A challenge I am facing is:

One smaller step I could take is:

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5. MY NEXT HONEST STEP

My next honest step is:

I would like to take this step by:	Someone who could support me is:

6. THE TOOL I AM TAKING WITH ME

- ■ Naming what changed
- ■ Asking for help
- ■ Finding information
- ■ Making the step smaller
- ■ Adapting differently
- ■ Reconnecting with meaning
- ■ Supporting someone else
- ■ Taking one honest step

After today, I want to remember:

“The crossing continues - and we do not have to cross alone.” **R4Style.com**