YOU ARE
THE SPACE.

Urge. Space. Conscious choice. Action.



Do you move straight from urge to action?
Or do you come back to yourself and find a choice there?

A self-reflection guide to notice your patterns, explore what matters to you, and choose your next move with awareness.

Not a test to pass. An invitation to meet yourself honestly.

An urge is a beginning. Not a decision.

An urge might sound like: send it. Say yes. Snap back. Leave. Stay. Reach for what is familiar. The invitation here is not to make every urge wrong. It is to make room to understand it before you follow it.

The space of yourself

Holding space means asking: What is happening in me? What do I need? What matters here? What response can I stand behind? You can listen to an urge without immediately turning it into an action.

URGE → SPACE → CHOICE

A choice can be uncomfortable and still matter.

A clear boundary, an honest conversation, or a different response may be painful. But pain is not proof that a choice is right. Ease is not proof that it is wrong. Ask whether your next move respects your values, your wellbeing, and other people.

Then choose: action, a different action, or no action for now.

Your options may be limited by safety, circumstances, and other people. Conscious choice does not mean controlling every outcome. Sometimes the next choice is seeking support. You do not need a perfect pause before every everyday action.

Where are you right now?

Think about the past two weeks. For each prompt, circle the answer that most closely fits. Notice differences across work, relationships, and time alone.

01 / When an urge appears, when do I notice it?

A After I have acted. B As I am acting. C Before I act.

02 / When I feel something strongly, what happens next?

A I react quickly. B I sometimes pause. C I usually explore it first.

03 / Can I name what is underneath the urge?

A Rarely. B Sometimes. C Often.

04 / Do I consider what I want beyond immediate relief?

A Rarely. B Sometimes. C Often.

05 / When an urge does not serve me, can I choose differently?

A Rarely. B Sometimes. C Often.

06 / After a choice, how do I reflect on it?

A Mostly with criticism. B With mixed feelings. C With curiosity.

This is an original reflection exercise, not a validated assessment or diagnosis. Your answers describe a moment and a context, not a fixed identity.

A mirror.
Not a label.

If A appears often

You may be noticing your urges after they have already become actions. Begin with looking back at one moment without judging it. What was the first sign you can recognize now?

If B appears often

You may be finding the space sometimes and losing it at other times. Notice what makes pausing easier, and where you need more time, support, or a clearer boundary.

If C appears often

You may already be making room for conscious choice. Stay curious: does your pause lead to a decision, or do you sometimes remain there because choosing feels difficult?

Mixed answers are welcome.

You might pause easily in one part of life and react quickly in another. Choose one situation to explore rather than turning your answers into a verdict about yourself.

Where do I go straight from urge to action?

Where do I already make room for choice?

One urge.
One conscious choice.

Choose one recent, manageable situation. Write a few honest words. This is exploration, not a demand to get it right.

01 / NOTICE

What happened? What did I feel an urge to do?

02 / COME BACK TO YOURSELF

What did I notice in my body? What feeling or need was there?

03 / FIND YOUR DIRECTION

What matters to me? What outcome would I like to move toward?

04 / FIND YOUR OPTIONS

What could I do differently? What would waiting or not acting mean?

05 / CHOOSE CONSCIOUSLY

What is one available step that respects me and the situation?

I can feel an urge without letting it make the whole decision.

You are not just the urge.

You are the space in which you can meet it, listen, and choose.

There is room to ask what is yours, what is familiar, and what you want to carry forward. You do not have to choose the most painful path. You do not have to silence what you feel. You are invited to choose with awareness.

A moment to return to

> This is the urge I notice.
>
> This is what matters to me.
>
> These are the choices available to me.
>
> This is the next step I choose.

ACTION / DIFFERENT ACTION / NO ACTION FOR NOW



An authentic life.
One conscious choice at a time.

Work with Body Led Living

This is the work I do with my clients: getting to know yourself, recognizing your urges, and learning to hold space before deciding what comes next. To explore working together, reach out through the contact page on this website.

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