

# Clarity Worksheet

## (A self-reflection worksheet for moments when you cannot move forward in a relationship decision)

### 1. Before You Begin

This worksheet is not for deciding.

You are not choosing whether to stay or leave here.

You are not solving the relationship here.

You are not trying to find the correct answer.

You only need to write.

Nothing you write will be judged.

You do not need to be logical.

You do not need to be consistent.

You may even contradict yourself.

This worksheet is only a place to see what your mind is currently doing.

If you feel unsure what to write, that is fine.

Begin anyway.

## 2 . What Is Repeating

Without organizing your thoughts, write the ideas that keep returning to you.

Do not edit.

Do not correct.

Do not try to sound reasonable.

Simply record what appears.

Write short fragments if needed.

Examples of how thoughts may appear:

“I might regret leaving.”

“I feel tired but also afraid to lose them.”

“Sometimes I feel relief when I imagine being alone.”

“I don’t trust my feelings anymore.”

“Nothing is clearly wrong, but something feels heavy.”

Your task is not to understand these thoughts.

Your task is only to see them.

(Write here)

### 3 . Your Reactions

Now read what you wrote slowly.

For each line, notice your immediate internal reaction.

Not what you think about it.

What you feel in your body and emotions.

Mark each statement with a simple reaction:

- tension
- relief
- fear
- sadness
- calm
- resistance
- confusion

There are no correct reactions.

You are not analyzing the relationship.

You are observing your response to it.  
(Write reactions here)

## 4 . What Must Stay Safe

Look again at the statements that created the strongest reaction.

Complete the following sentences:

I am afraid that if I stay, I might lose:

(Write here)

I am afraid that if I leave, I might lose:

(Write here)

What feels most dangerous right now is:

(Write here)

What I am trying to protect is:

(Write here)

You are not identifying the correct choice.

You are identifying what your mind is trying to keep safe.

## 5 . Why You Feel Stuck

Read your answers once more.

You may now understand your reactions more clearly.

However, understanding your reactions does not yet create a decision.

A decision becomes difficult when the mind tries to predict what life will feel like after the decision.

You are not hesitating because you cannot choose.

You are hesitating because you do not yet have a stable way to stand after choosing.

What is missing is not courage, time, or information.

What is missing is a clear structure around the decision itself.

If nothing changes, the mind will continue to return to the same question.

Not because the answer is hidden,

but because the decision has not yet been made possible.

Time alone does not organize a decision.

Without a structure, the same thoughts will repeat, even if weeks or months pass.

You are not waiting for clarity.

You are waiting for a condition that has not yet been created.

## 6 . The Next Step

You are not required to decide now.

This worksheet was not meant to produce a choice.

Its purpose was only to show why the choice has not been possible.

A decision does not begin when you feel ready.

It begins when the conditions for deciding are created.

The next step is not choosing.

The next step is organizing the decision so that it can be made safely and held steadily afterward.

When the decision has a structure, it no longer depends only on emotion, pressure, or momentary relief.

You can continue here when you want to organize the decision itself:

Open the Decision Structure Worksheets

**<https://thedecisionstep.com/decision-structure-rel/>**

(Bookmark this page if you prefer to return later.)