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LICENSED MARRIAGE AND FAMILY THERAPIST #100542
Women. Couples. Teens. Groups

What Matters to Me Now?

You may know what other people need from you and still draw a blank when someone asks what you want. You don't have to answer the big question today. Start with one moment that felt like yours.

When did you feel a little more like yourself?

Think of a real moment, recent or long ago. Where were you? What were you doing? What about it would you want more of, even if the moment itself never happened again?

If nothing comes to mind: Try a moment you felt drained or resentful. Was there something you needed or cared about that didn't get much room? You can skip this if it isn't useful.

A VALUE, A GOAL, AND A NEED CAN SHOW UP TOGETHER

A value is a way you want to live: making room for creativity. A goal gives you something to do: finish a sketch by Friday. A need is something you need to be okay or make it possible: rest, help, or uninterrupted time.

Put one or two clues into your own words.

Try "I miss getting to…" or "I want to make room for…" Use words you would actually say. "Make things just to see what happens" counts.

You can want both

You don’t have to relate to the example. Notice how one small memory can tell you something about what you value and what you need right now.

A WEDNESDAY EVENING WITH MARA

When Mara changed jobs in her fifties, her first instinct was to fill her free evenings with errands. Then a friend sent a recording from the choir she used to sing in. She remembered laughing when the altos missed their entrance and walking out feeling lighter.

She missed making music with other people and doing something just because she liked it. Those were clues about connection and play. But she also needed rest after work. Joining every Wednesday right away wasn’t the only way to make room for music.

If one side of you wants to try and another hesitates…

Mara wanted to sing again, but she didn’t want another standing commitment. One side wanted to protect something she loved. The other wanted to protect her time to recover. Neither had to win. She could ask a friend to sing one song with her instead of signing up that night.

If this fits for you, try: “One part of me wants ____. Another part hesitates because ____.” What is each trying to protect?

Not feeling two ways? Skip this and go right to the next page.

Give it 10 to 20 minutes

You don’t have to make a big decision to find out how something feels. Choose one thing you can do this week that makes room for what you care about without ignoring what you need.

WHAT MARA COULD TRY

On Wednesday after dinner, she could sing one song with her friend for 15 minutes. If she needs a quiet night, she could move it to Saturday. She doesn’t have to decide about choir yet.

What will you try, and when?

“On ____ at ____, I’ll ____ for ____ minutes.” A little help or a time limit might make it easier. If it feels too big, what’s the smaller version?

What did it tell you?

Afterward, notice how it felt during or after. Did you want more of it, less of it, or a different way to do it? Maybe you liked the activity but needed a quieter time. That’s useful to know, too.

If it’s hard to tell what you want from what you’ve learned to make room for, we can slow down one moment together and get clearer about what matters to you now.

Book a free phone consultation