



Introspect – Find Yourself Inside the Change

Personal P.I.V.O.T.™ Introspect Worksheet

Use this worksheet when the Diagnostic has helped you identify that your identity in relation to the change may be tripping you up.

There is nothing wrong with you. You are not being vain. Change can unsettle more than your plans. It can leave you wondering who you are now that so much feels different. You may even question whether you can become the person this change is calling you to be.

The purpose is not to judge your resistance or talk yourself out of what you feel. It is to:

- Notice which part of your identity feels threatened, questioned, or left behind.
- Recognize the identity that no longer works and understand why you have been holding onto it.
- Intentionally release what no longer fits.
- Remember who you were before that role or identity became such a large part of how you saw yourself.

Important If your thoughts or body are still in alarm, begin with the Pause Worksheet. Introspection is most useful when you feel steady enough to be curious about what is happening inside you.

The Change I Am Reflecting On

What change or uncertainty am I reflecting on?

Date	Intensity right now / 10 (1 is least, 10 is most)



1 Notice Which Part Of My Identity Feels Touched By This Change

I will begin by noticing which part of how I see myself feels threatened, questioned, diminished, or left behind. Check all that apply. More than one may be true.

☐ My identity within a role or relationship

For example: spouse, parent, friend, leader, employee, business owner, caregiver, or team member

☐ My identity as an educated, qualified, or accomplished person

☐ My identity as someone who is capable and competent

☐ My identity as an independent person who can handle things on my own

☐ My identity as the strong, reliable person others can depend on

☐ My identity as a successful or respected person

☐ My identity as someone who is useful or needed

☐ My identity as someone who belongs here

☐ My identity as someone who knows how to function and succeed in this role

☐ My picture of the person I thought I would become

☐ Something else:



2 Recognize The Identity That No Longer Fits

Sometimes I can become so identified with a role that I forget it is something I stepped into, not the whole of who I am. That identity may have served an important purpose, but it may no longer fit the life this change is asking me to enter.

What identity have I been living from?

(For example: the boss, someone's spouse, the strong one, the provider, the expert, the successful

3 Understand Why I Have Been Holding On

An identity can stop fitting and still be difficult to release. Before I let it go, I will acknowledge what it once did for me.



3 Understand Why I Have Been Holding On Continued

4 Intentionally Release What No Longer Fits

Letting go of an identity does not mean it was false or that the years I spent living it were wasted. I can appreciate how it served me without requiring it to define who I must be now.

What am I ready to stop believing I must be?



4 Intentionally Release What No Longer Fits Continued

What expectations, behaviors, or responsibilities belong to this identity but no longer belong to me?

Complete this sentence:

I release the belief that I can only function and excel as:

The identity this change is asking me to step into is:

I may not know how to be this person yet, but I can learn to function, succeed, and prosper in this new identity too.

I honor the identity of and how it served me. I give myself

Reminder: I am worthy and whole despite any labels of identity I may have worn in the past, wear now, or wear in the future.

5 Remember Who I Was Before This Identity

Before I became the boss, someone's spouse, the strong one, the caregiver, the expert, or the person everyone relied upon, I was already someone. I can remember that person without erasing anything I have learned or become since.



5 Remember Who I Was Before This Identity Continued



6 Check Again

How do I feel now that I realize I no longer have to function within an identity that no longer serves

What do I need next?

- ☐ I am good now. I no longer feel angst around this.
- ☐ More Introspect. I need more time to understand or release this identity. I'll redo this worksheet later.
- ☐ Pause. I feel unsettled again and I need some soothing. Go to the Pause worksheet.
- ☐ Vector or Travel Forward. I can see that capability/learning or letting go is what I need to work with next. Go to the relevant worksheet.

Key Introspect reminder: I existed before this identity, and I remain whole as it changes. I do not have to know exactly who I will become next. For now, I can release what no longer fits and begin remembering who I have always been.

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com.