A PAUSE, A PRACTICE, A NEXT STEP

Adjustment Disorders

When life feels hard to manage after a change.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the hardest part

Think of one moment that has felt hard since the change. It could be walking into a new school at lunch. Write down what makes that moment difficult.

01 / Notice and reflect

What changed in my life?

02 / Notice and reflect

Which part of my day has become harder?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out if distress after a change feels hard to handle or gets in the way of daily life. You can ask for help as soon as you need it. A primary care clinician, therapist, or school counselor can help you take the next step.

Read more: MedlinePlus · Adjustment disorder and care

More tools and immediate support: Our Healing Room / Crisis Support.