A PAUSE, A PRACTICE, A NEXT STEP

I’m in a good place in life, but I’m not happy

Everything seems okay, but something feels missing.

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.

Start with one moment

Think of a recent time you expected to feel good. Describe what actually happened. For example, “At dinner I laughed with everyone. Walking home, I felt lonely.” If you can’t name a feeling, try “I felt a little better when…” or “I wanted the day to slow down when…”

01 / Notice and reflect

When did life look fine from the outside but feel different on the inside?

02 / Notice and reflect

When did I last feel close to someone, curious, rested, or like myself?

03 / One next step

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

When to seek help: If this feeling sticks around, affects sleep, school, work, or relationships, or you get little pleasure from things you usually enjoy, consider talking with a clinician. You can also start with a trusted adult or school counselor. “Things are going well, but lately little feels enjoyable” is enough to begin.

Read more: NHS · Five steps to mental wellbeing

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

U.S. crisis support: call or text 988. In immediate danger, call 911.