

# WHERE TO START

Thank you for downloading the WHERE TO START TOOL from Psychology Bureau. Please read the following instructions so that you can get the most out of this method.

When it comes to our minds, it's very common to feel overwhelmed and not really knowing where to start or if you could use some professional support. Amongst tons of stuff you can do to ease your mind, I created this free tool to help you get started.

The first part aims to help you acknowledge what's going on right now. By writing it down, you'll be taking it off your mind for a while.

The second part aims to help you consciously evaluate whether you could use a little professional help to overcome the situation that you're struggling with.

You can use the WHERE TO START TOOL as many times as you need, whenever you're facing an overwhelming situation.

## INSTRUCTIONS OF USE

1. Find a quiet and comfortable place to sit down. It can be inside your house, in a nice café or outside (fields, beach, forest, terrace...). Take a look around and see if you can spot some nature: plants, flowers in a vase, sound of rain, sun ray...
2. Write down the answer to the questions on the worksheet and please feel free to extend your writing if you're feeling like it. The more words you write, the more you take them off your mind. There are no right or wrong answers here, so let yourself go for a little while and try to enjoy this moment of clarity.
3. When you're done with the worksheet, take a moment to sit back and look at it, the work you just did.

## IMPORTANT REMINDER

- Please be conscious that this is just a tool that can help you when you're feeling overwhelmed and you don't know how or where to start. Therefore, this is not a quick fix that will solve your struggling.
- Also, this tool is not meant to be a substitute for professional counseling, coaching and/or psychotherapy. It's meant to help you ease a little bit your mind, clear your thoughts and feelings so that you can decide what's the next step.
- If you can't make it through all the questions, or you feel discouraged, that's okay. This is only one thing you can do amongst lots of other stuff. If it's not helping you, maybe it's not what you need right now and that's okay.

## LET'S GET TO IT

After reading these first instructions, you are ready to go for it. Remember to be honest with yourself, holding on to your struggles it's just not worthy. So try to relax and enjoy the WHERE TO START TOOL from Psychology Bureau.

If you need any help with it, please contact me via [psychologybureau@gmail.com](mailto:psychologybureau@gmail.com) or [www.instagram.com/psychologybureau](https://www.instagram.com/psychologybureau) and feel free to share your experience by tagging us or with the hashtag #startwithpsychologybureau!

Psychology  
Bureau



# WHERE TO START

*how long it's been going on*

*when does it happen*

## What's the situation?

*what do YOU do or say*

---

---

---

---

---

---

*where does it happen*

*are there people involved*

## How intrusive is this situation?

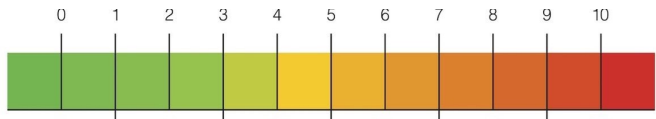
---

---

---

---

*think about the time you spend worrying about it if it's affecting your daily life (family, friends, work...)*



## Do you have any other NEW ideas on how to solve it?

---

---

---

---

---

---

*now that you've freed a little bit your mind and hopefully you've been able to ease it*

*if you haven't come up with new ideas to solve your situation, THAT'S OKAY! This tool is meant to help you soothe and organize a little bit! remember you can always ask for some help*

*emotions reactions feelings*

## How is this situation affecting you?



---

---

---

---

---

---

*thoughts*

## Where do you feel it in your body?

*this body sensation might be the feeling becoming toxic!*



## Things you've tried so far to solve it:

worked

didn't work

---

---

---

---

---

---

---

---

---

---

*these you can let go for now*

## What do you really want or need right now?

---

---

---



## Considering professional guidance and support

PROS

---

---

---

---

---

CONS

---

---

---

---

---

*any fears?*



## Let's meditate it for a sec

*take 1 minute to close your eyes  
and breathe,  
inhale fresh air  
exhale your worries*



**BREATHE**



## Kind reminders to yourself

- 1. You just worked on your problem*
- 2. You have some control over it*
- 3. You can decide what to do next*
- 4. You can decide how you want to continue*
- 5. You just took a little more care of your mind*



*just think about these questions:  
-how long can I keep on like this?  
-how will it affect me?  
-will I feel better?  
-what can I do?  
-what do I want to do?  
-how can I help myself?*



Whatever you decide to do next is **NOT** a final decision for life. The most important is that with a calmer mind you can **TRY SOMETHING NEW**. Whether it is some of your new ideas or some **professional guidance and support**. Remember: **CLARITY COMES FROM ACTION**

*if this is what you want to try next, choose at least 3 options following these criteria:*

- 1. Practical issues: services offered, rates, location, time, transport... all the practicalities you must take into account*
- 2. Their vibe: dive into their website, social media accounts, facebook, etc, and let your gutt do its job here. Just try to tell "how does it feel"*
- 3. The professional methods and focus used: read about their approach and methods, documents yourself so that you can properly evaluate if it can help you with your problem or not*

Psychology  
Bureau

