



One moment, more support.

Notice. Examine. Support. Tend.

Choose an ordinary or fictional moment. Write, draw, think privately, or use a supporter with your permission. Skip any prompt. For a shorter route, start with Support.

The moment I am exploring (optional)

N Notice

What happened? What did I notice about my energy, communication, surroundings, or experience?

E Examine

What demands or conditions might matter? What else could fit? "Not sure" is a valid answer.

S Support

What might make this moment more workable: less noise, more time, clearer instructions, help, or a pause?

T Tend

What needs care afterward: rest, reconnection, repair, or a change to the setting or plan?

One small step I choose (optional)

A pause, "not sure," or asking for help can be your next step. You can change your mind.

Supporting someone else? Invite their account and preferences; this worksheet does not tell you what they feel. This is education, not diagnosis or individualized treatment. If reflection increases distress, pain, or disconnection, pause and use a familiar support or seek help.