

FROM PARALYSIS TO PARTICIPATION

A Reflection Sheet for Episodes 6–8 of *The Powers That Paralyze*

Episodes Covered:

- Episode 6 – Failures from the Past
- Episode 7 – Perfectionism
- Episode 8 – The Opinions of Others

This reflection sheet is for self-reflection and personal growth. It is not a substitute for psychotherapy or professional mental health treatment.

STEP 1: Naming the Pattern

Reflect honestly.

Past Failure

What experience still influences how willing you are to try again?

Perfectionism

Where do you delay action waiting for things to be “just right” or perfect?

Opinions of Others

Whose imagined judgment still shapes your choices? Who are your imaginary audience?

STEP 2: Identifying the Script

Complete the sentence:

“Because of my past experiences, I learned that I should...”

This is not who you are. It is a script you learned.

STEP 3: Reframing the Meaning

Rewrite each pattern with a new meaning.

- That failure taught me: _____
- Imperfection now means: _____
- Being seen can be: _____

STEP 4: Reclaiming Authorship

Answer these questions:

1. What value matters most to me right now?

2. What small action aligns with that value?

3. What fear might still be present—and what will I do anyway?

STEP 5: Choosing Participation

Finish this sentence:

This week, instead of waiting, perfecting, or hiding, I will participate by...

Final Reflection

Confidence follows action.
Self-trust grows through experience.
Authorship begins with choice.

You don't need to be ready.
You just need to begin.