



Inner Teenager — Connect the Dots Worksheet



A Gentle Note Before You Start

This is not about being perfect — it's about noticing.

When you connect a teenage feeling to an action and then to a pattern, just give it your best effort. It's okay if it feels incomplete or uncertain. Think of this as a first draft of understanding yourself.

You'll have more opportunities later in this series to revisit, add, or connect things differently.



Safety Disclaimer

Sometimes looking back can bring up more than we expect. If this feels too activating or overwhelming, please pause. There is no shame in stepping back.

If it feels like too much to do on your own, reach out to a therapist, coach, or another trusted place of support. This work is meant to bring healing — not more pain. You can always return to it when the time feels right.

Step 1: Choose a Feeling

(Circle or write one that fits, or add your own)

Not good enough | Powerless / Controlled | Judged | Unaccepted | Neglected | Lonely | Unsafe | Left out | Shamed | Misunderstood

My Feeling: _____

Step 2: What Did You Do Then?

(What action did you take when you felt that way? Choose one or add your own.)

- Perfected grades, looks, or achievements
- Hid in secrecy / lived a double life
- Drank, smoked, or experimented with substances
- Snuck out / rebelled against rules
- Slept around or sought risky relationships for acceptance
- Threw yourself into sports, activities, or friend groups

- Stole, acted out, or created chaos to get attention
- Overachieved or took on too much
- Isolated or shut people out
- Became the “good one” (rule-follower, helper, pleaser)
- Other: _____

My Action: _____

Step 3: How Does It Show Up Now?

(Look at the list below and see which one matches your action — or write your own.)

- Perfectionism
- Rebellion / pushing limits
- Secrecy or double life
- Control / fixing others
- Isolation / stonewalling
- Numbing (substances, overwork, bingeing)
- Black-and-white thinking
- Fight / prove
- Clinging / people-pleasing for validation
- Obsessive thinking / rumination
- Hyper-vigilance
- Losing my voice / silencing needs
- Taking things personally
- Over-functioning / always being the “good one”

My Pattern Today: _____

✨ **Remember:** These teenage actions and patterns were once ways you managed and tolerated big feelings when you had to do it on your own. Now, you’re beginning to notice them — which means, over time, you’ll have more choice in how you want to respond.