

A CONFIDENCE CONNECTION CHECK-IN

How Are You, Really?

*A gentle check-in for the woman who has been answering 'fine' for
too long.*

with Kathryn • Confidence Connection

Before you begin

This isn't a worksheet. There isn't a right way to do it, and there isn't a clever insight waiting for you at the end if you answer cleverly enough.

It's a quiet conversation between you and the page. The kind of conversation that has been waiting for a moment of stillness to land in.

Put the kettle on. Find a notebook, or use the space underneath each prompt. Skip what doesn't speak to you. Linger where something tugs.

You can do the whole thing in one sitting, or open it again in the morning. There is no finishing line.

All you're being asked to do here is tell the truth, gently, for ten minutes.

One. The honest scan

Start with what's actually here, before you tidy it.

If I'm being honest, the first word that comes up when someone asks how I am today is...

The word I'd actually use if I trusted the person enough to give the longer version is...

The part of my life where 'fine' is doing the most work right now is...

Two. What's underneath

The feelings 'fine' has been carrying for you.

The feeling I keep tidying away before anyone notices is...

The thing I haven't quite said out loud, even to myself, is...

The conversation I've been avoiding (with someone else, or with me) is...

Three. What's gone a little quiet

Not loss exactly. More like a light that's been dimmed.

Something I used to love that's gone quiet lately is...

A version of me I'd like to feel a little closer to is...

If I had a free hour today, with nobody to look after and nothing to prove, I would...

Four. A kinder lens

The same situation, viewed with the warmth you'd offer a friend.

If a friend was sitting where I'm sitting, telling me exactly what I've just told this page, I'd say to her...

The kindest, most accurate interpretation of what I'm carrying right now is...

Something I've been calling a failure that might actually be a sign of how much I've been holding is...

Five. One small, honest thing

Not a plan. Not a fix. Just one true next step.

One small thing I could do this week that would feel a little bit like me again is...

Something I'd like to stop pretending is fine is...

The next true sentence I can say to myself, without needing to fix anything yet, is...

A note before you close this

Whatever came up here, you're allowed to leave it on the page without doing anything about it today. Noticing is the first piece of work. It's also, quite often, the hardest.

Most of the women I work with have been answering 'fine' for so long that they no longer know what they'd say instead. If this check-in surfaced even one honest sentence, you've done the part most people never get to.

If you'd like a calmer, kinder way to keep going, that's the work we do inside Confidence Connection. No hustle. No metrics shouting at you. Just clean thinking, a steady rhythm, and a place where the longer version of the truth is always welcome.

You don't have to be fine. You just have to be honest. The rest follows from there.

Kathryn | Confidence Connection

Calm structure. Clean thinking. Confidence that holds.

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