7 Signs You Have Lost Agency

Recognize the warning signs and reclaim one practical choice.

1 | Recognize what feels familiar

Type in the shaded boxes and save a copy. You may also print and write by hand.

Name (optional) / date

These are reflection prompts, not a diagnosis or a fixed label. Check the patterns that have felt familiar recently.

☐ Automatic yes

You agree before checking your time or capacity.

☐ Silenced voice

You keep concerns or needs to yourself.

☐ Permission to rest

You feel you must earn rest by doing more.

☐ Overriding your limits

You keep pushing after your capacity is full.

☐ Guilt-led choices

You choose mainly to avoid disappointing others.

☐ Disconnected values

Your daily actions leave little room for what matters to you.

☐ Shrinking options

You feel trapped between enduring everything and leaving.

Which sign feels most important to address first?

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2 | Reclaim one choice

What situation brings this pattern out? Describe one recent example.

What am I believing that keeps me stuck?

What else could be true? What evidence or support could expand my options?

One choice I can make or request I can raise this week

The exact words I will use

My review date and the change I hope to notice