PACK 3

The Lost Years

The reflective sheets. The ones people fill in slowly.

The Ledger CHAPTER 11

The Sorting Page CHAPTER 12

Questions for My Clinician CHAPTER 13

Print what you need and leave the rest. These pages are free, there is nothing to sign up for, and nothing here expires. Each sheet reproduces the instrument from the chapter named beside it — if a page differs from the book, the book is right and this is a mistake worth telling me about.

TWO COLUMNS

The Ledger

This one takes longer than the other pages in this book and is worth the time. Do it in one sitting, somewhere you can be unguarded.

WHAT THE MAP EXPLAINS	WHAT IT DOESN'T

Left column: the things that now have a name. Be specific and be generous with yourself — this column is where the grief is allowed to be real, because these are real losses with a real cause.

Right column: the things that were you, or were circumstance, or were somebody else. The second column is the one that does the long-term work. A map that explains everything isn't a map.

SYMPTOM · STORY · MINE

The Sorting Page

Three columns. This extends the ledger from the last chapter — that one sorted your history, this one sorts you.

SYMPTOM	STORY	MINE

Symptom: the mechanics, described neutrally. I lose the thread in long meetings. No adjectives.

Story: what you concluded about yourself from it, in the original wording, the actual sentence, including the cruel one you'd never say out loud. Then, next to it, who first said it.

Mine: things about you that are simply true and have nothing to do with any of this. Start with five. Most people find this the hardest column and that difficulty is itself the finding.

If the third column is hard to fill, don't force it in one sitting. Leave the page somewhere visible and add to it over two weeks. It fills up.

HAND IT OVER AT THE START

Questions for My Clinician

Take it to the appointment rather than trying to remember it.

DATE FILLED IN _____

The pattern I want to ask about,

in two sentences, described behaviorally — what happens, not what you think it is.

When it started, and what else was going on then.

My existing diagnoses, and my actual question about them.

Anything that's been suggested by a family member, a therapist, or a previous clinician:

including the thing somebody said once that you never followed up.

One instruction that matters more than the page: give it to them at the start of the appointment, not in the last two minutes.