

Not Sure Yet

For when you have not decided anything, and are not sure you want to.

WHEN TO USE THIS

Use this when people are asking you to commit to something and you are not there.

You do not have to want to stop to fill this in. Being unsure is an honest place to be, and most people start there.

Right now, how much do you want something to change?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

More than anything

What would have to happen for that number to move up one?

What is the part of you that does not want to change saying?

Give it the floor. It usually has a point worth hearing.

What is one thing you would try even while you are unsure?

One day off. One honest conversation. One appointment.

Being unsure is not the same as doing nothing. You can move while you are still deciding.