



IN THE THICK OF IT

For the seasons that are
hard to explain but
impossible to ignore

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A Note Before you Begin

Sometimes the hardest seasons aren't the ones that are obvious to name. They're the ones where you just feel off - heavy, stuck, stretched thin, or quietly not yourself and you can't quite put your finger on why.

You're functioning. You're showing up. But something underneath isn't right, and you're not sure if it's something specific or just everything at once.

I've been in that place too. And what I've found, both personally and in my work, is that these unnamed seasons often hold some of the most important information about what we actually need. We just need to listen.

These pages are for exactly that. These pages are for when the hard part isn't dramatic. It's just persistent.

You don't have to know what's wrong to start here.

- *Meada*

HOW TO USE THIS GUIDE

The prompts on these pages work best when you approach them without an agenda. You're not trying to solve anything or arrive at a conclusion. You're just getting honest with yourself about what's actually going on underneath the surface.

Read each question slowly. Notice what comes up - even if it surprises you or doesn't quite make sense yet.

You don't need to finish the guide in one sitting. You don't need to answer every question. Come back to it whenever you need it.

There are no right answers. Only honest ones.



NAMING THE FEELING

When things feel off but you can't quite name why, it helps to start by simply describing what you're experiencing — without trying to analyze it or fix it yet.

YOU DON'T HAVE TO EXPLAIN IT PERFECTLY.
JUST START SOMEWHERE. ASK YOURSELF THESE QUESTIONS
AND NOTICE WHAT COMES UP:

- How would you describe how you've been feeling lately - not the events or circumstances, but the underlying feeling?
- How long have you been feeling this way?
- Is there a specific moment, conversation, or situation where you first noticed something felt off?
- If you had to give this season a title, the way you might title a chapter of a book, what would it be?

WHAT'S UNDERNEATH



- ✓ What do you think might be underneath the feeling, even if you're not entirely sure?
- ✓ Is there something you've been avoiding thinking about or feeling?
- ✓ Is there a need that isn't being met right now - for rest, connection, support, space, or something else?
- ✓ What would you say to a close friend who was feeling exactly what you're feeling right now?

THE SURFACE FEELING IS
RARELY THE WHOLE STORY



WHAT'S BEEN DEPLETING YOU

*Hard seasons often come from carrying
too much for too long.*

- What has been taking the most out of you lately?
- Where are you giving more than you have?
- Is there something, or someone, that consistently leaves you feeling drained rather than restored?
- What would you need to change, even slightly, to feel less depleted?

WHAT WOULD HELP

Sometimes we know exactly what we need and talk ourselves out of asking for it. Or, sometimes we've been running on empty for so long we've genuinely lost track.

This section isn't about coming up with a plan or fixing what's wrong. It's about giving yourself permission to be honest about what's missing, what's too heavy, and what might actually help.

- What would genuinely help you feel even a little better right now, not fixed, just steadier?
- Is there something you've been putting off asking for - support, rest, a conversation, a change?
- What is one small act of care you could give yourself today?
- If something needed to change, what would it be?

A CLOSING NOTE

The fact that you're here, sitting with these questions, trying to understand what's going on beneath the surface - means you're paying attention.

That matters.

You don't have to have it figured out. You don't have to know what's wrong before you're allowed to need support. Sometimes the most honest thing you can say is, I'm in the thick of something and I'm not sure what it is yet.

That's a perfectly valid place to be. And it's a perfectly valid place to start.

Come back to these prompts whenever you need them. Your answers will shift as things become clearer.



And if you find yourself wanting someone to sit with you in the middle of it -

The Whole Cafe is here.

You don't have to sort through this alone.



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