



The Hidden Impact of Financial Disruption

Understanding what may be affecting you beneath the surface

Before You Begin

Financial disruption is often described in practical terms:

- income
- expenses
- stability

But many women experience something deeper that is harder to name.

This is a space to gently notice what may have shifted-- without needing to fully understand it yet.

Sometimes what we're feeling isn't just financial stress-- it's the impact of what we've been through.



Part 1: What Changed Beyond the Numbers

When I think about what I've experienced, I notice that it has affected:

- My sense of stability
- My confidence in decision-making
- My trust in myself
- My sense of security
- My plans for the future
- My identity or role
- Other: _____



Part 2: What Feels Different Now

Since this experience, I notice that:

- I second-guess my decisions more
- I feel more cautious or hesitant
- I feel pressure to “figure it out” quickly
- I feel behind compared to others
- I feel more aware of uncertainty
- I avoid thinking about certain things
- Other: _____



Part 3: What May Have Been Lost

Sometimes financial disruption includes losses that aren't immediately visible.

Gently consider.

What may have changed or been lost for me?

- A sense of stability
- A plan I had for the future
- A feeling of security
- Trust in someone or something
- A version of my life I expected
- Other: _____



Part 5: A Quiet Truth

You may not have thought of this experience in these terms before.

But it is possible that what you're feeling is not just stress or confusion.

It may also be a response to change and loss.

You don't have to define it right now.

Just noticing is enough.



Part 6: What I need Right Now

Instead of asking, “How do I fix this?”

Gently ask:

What do I need right now?

- Clarity
- Time to think
- Reassurance
- Support
- Space without pressure
- A simple next step
- Other: _____



Closing Reflection

You are not behind.

You are responding to something that mattered.

Understanding the deeper impact of what you've experienced is not a setback.

It is part of rebuilding.

Your thoughts...
