Identifying Barriers Worksheet

What's Standing in My Way?

Instructions: Use this worksheet to identify challenges that make self-care difficult. Then brainstorm small steps to work through them.

Common Barriers:

- ☐ Executive functioning challenges (e.g., planning or remembering)
- ☐ Social pressures or expectations (I feel guilty others)
- ☐ Time or energy constraints
- ☐ Other_____

What feels hardest about self-care right now?

Examples: "I can't stick to routines," or "I feel guilty taking time for myself."

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Brainstorm Solutions:

Small actions I can try:

Example: Set an alarm as a reminder to eat or hydrate.

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