MAPLE MENOPAUSE COMPANION WORKSHEET

Finding Yourself Again

Identity, values and the parts of you worth carrying forward

Use what fits	Skip any prompt that is not useful or safe. These pages are for reflection, not scoring, diagnosis or proving that you are coping correctly.

When familiar roles, energy or confidence shift, it can be tempting to ask how to get the old you back. This worksheet takes a different approach: notice what has changed, what remains, and what you want to carry forward. You do not need a dramatic reinvention.

Before you begin

Choose a time and place that feels manageable. You may write, dictate notes, discuss a prompt with someone you trust or leave the page blank.

What would make this worksheet useful today?

Related Maple Menopause article

https://maplemenopause.com/i-dont-feel-like-myself-anymore-identity-loss-in-perimenopause-and-menopause/

A map of what has shifted

Identity is more than a job title, relationship role, body or level of productivity. Begin with description rather than judgment.

Which roles, routines, abilities or expectations feel different lately?

What has been lost, interrupted or made harder?

What remains recognizably yours - qualities, knowledge, loyalties, humour, interests or values?

Values beneath the roles

This is a simplified values-clarification exercise informed by Acceptance and Commitment Therapy. A value is a direction you can choose, not a standard you must achieve.

Circle or add three directions that matter now: curiosity, care, justice, creativity, learning, steadiness, adventure, honesty, connection, independence, rest, play.

For each one, what is one ordinary action that would express it in your life as it currently exists?

Whose “should” are you carrying? What would you choose if approval were not the goal?

A kinder next chapter

A changing identity can hold continuity and change at the same time. Self-compassion means responding to difficulty with the understanding you would offer someone else; it does not require pretending the difficulty is fine.

Name one part of yourself you miss, one you appreciate today, and one you are curious about.

What ten-minute reconnection feels realistic this week?

Complete: I do not have to _____ to be worthy of _____.

A realistic next step	Choose one action small enough to complete or clearly request. If the problem is structural, medical or relational, the next step may be seeking support rather than changing your thoughts.

Support and limits

If loss of identity comes with persistent low mood, hopelessness, major functional change or thoughts of suicide, seek professional support. In Canada, call or text 9-8-8 for suicide crisis support; call 9-1-1 for immediate danger.

Approach note: values and committed action are educational adaptations of ACT; self-compassion draws on established research by Kristin Neff and colleagues. Sources: Association for Contextual Behavioral Science, contextualscience.org/act; Neff, K.D. (2003), Self and Identity, 2(2), 85-101.

Educational reflection tool only. Not a substitute for individualized medical care, psychotherapy, crisis care, legal advice or workplace accommodation.