Emotional Weather: When Everything Gets Under Your Skin

Notice what is making you more tender, then separate a real need from a moment that needs rest.

Use this at your own pace. There are no perfect answers. Write in the spaces, skip anything that does not fit, and come back later if useful.

1. What is happening?

What have you noticed lately? Include the situation, your body, your thoughts and what you needed in that moment.

2. What matters here?

Circle or write the values, needs or priorities that feel most relevant now. Examples: rest, honesty, pleasure, steadiness, privacy, connection, autonomy.

3. A kinder, more useful interpretation

What is the harshest story your mind is offering? What is another explanation that is realistic, compassionate and open to evidence?

4. One next experiment

Choose one small action that is specific enough to try this week. What might get in the way, and what would make it easier?

5. Support or professional care

Who could help? What would you like to ask, delegate, document or discuss? New, severe, persistent or concerning symptoms deserve appropriate medical or mental-health assessment; do not assume everything is menopause.

Editorial foundation: Emotional pattern recognition, self-compassion and problem-solving.

Related article: https://maplemenopause.com/feeling-vulnerable-perimenopause-emotional-sensitivity/