



Work Through It: Not Feeling Like Yourself Anymore

Do you ever feel like this job has changed how you think, act, or show up outside of work in ways you don't fully like or recognize? Sometimes the impact of the job isn't just stress – it can start to shape how you think, respond, connect, and carry yourself when you're off the clock.

What Feels True Right Now

Check everything that applies.

- I feel different than I used to
- I am more guarded than before
- I am more irritable or impatient
- I trust people less
- I feel less open or relaxed
- I feel more negative or cynical
- I do not enjoy things the same way
- I feel disconnected from who I was before
- I feel like I am always in work mode
- I do not always like how I show up outside of work

Where I Notice the Change

I notice it most in how I:

The people who see it most are:

The part of me that feels most changed is:

What It Has Been Affecting

My relationships: _____

My mood: _____

My patience: _____

My sense of self: _____

Keep Going

What I Tell Myself About It

One thought I have about this change is:

What I tend to brush off or avoid is:

What I Miss About Myself

I miss when I was more:

I miss feeling:

I miss showing up like this:

What Helps Me Feel More Like Myself

Check what resonates.

- Time away from work stress
- Exercise or movement
- Sleep and recovery
- Time with people I trust
- Getting outside
- Doing something I used to enjoy
- Quiet time without stimulation
- Talking honestly with someone
- Rebuilding routines off duty

Small Reconnect Plan

Keep it simple. One step at a time.

One thing that helps me feel more like myself:

One thing I want to protect more outside of work:

One small step I can take this week:

The job can shape you over time, especially without space to reset. Noticing that change is not weakness – it is the first step toward getting more of yourself back.