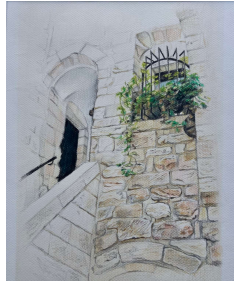


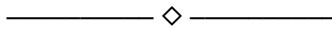
# THE VESSEL-BUILDING REFLECTION

## *Returning to Choice Within Real Moments*

Dvora Kravitz, M.A. LMFT



A guided process for understanding your patterns and choosing your direction



*This reflection helps you slow down a real moment, understand your inner responses, and gently move toward what matters to you.*

### **Arriving**

**There is nothing you need to change yet.**

Take a moment.

Let your body settle, even slightly.

You don't need to figure everything out.

Just begin by noticing.

Right now, I feel:

activated  numb  steady

What would help me stay present here?

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### **The Process**

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**1. The Moment**

What happened?

(Stay close to the actual moment—what was said, what unfolded.)

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**2. The Inner Experience (What Happened Inside Me)**

**The Meaning**

What did this moment seem to mean?

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**The Part of Me**

Which part of me stepped in?

- Hurt
- Protective
- Critical
- Resigned
- Other: \_\_\_\_\_

What was it trying to do for me?

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**Emotions**

What did I feel? (Name 1–3 emotions)

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**Body**

What happened in my body? (tight, heavy, numb, restless, etc.)

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**3. What Followed**

**My Response**

What did I do or not do?

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**The Outcome**

What actually happened as a result?

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**What I Was Longing For (connection, understanding, relief, respect, space, etc.)**

What did I want or need in that moment?

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**Did my response move me closer to what I needed?**

Yes  A little  No

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**4. Returning to Choice**

**A Different Way Forward**

If this moment happened again, what might I try?

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### **What Makes This Hard**

*If you pause and listen,*

What is this part trying to protect me from?

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### **A Practice Step**

One small, concrete action or sentence:

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### **Meaning & Direction**

In moments like this, I want to be someone who:

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Even if it feels difficult, I am choosing to move toward:

The value I want to live by here:

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### **Closing Reflection**

What am I beginning to see about myself?

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***This is a practice of returning. You don't have to do this perfectly—  
not to automatic reactions, but to the part of you that can pause, see, and choose.***