

Cancelling or Caring for Myself?

Am I feeling unusually fatigued, sick, or in pain today?	Yes	No
Am I overwhelmed by someone coming into my home today?	Yes	No
Have I had sufficient rest, food, and hydration?	No	Yes
Am I cancelling mainly because I'm feeling low energy, not because I don't want to go?	Yes	No
Have I done anything today that replenished my energy?	No	Yes
Would going align with my values or support an important relationship?	No	Yes
Am I cancelling mostly to avoid a feeling like anxiety or awkwardness?	No	Yes
Would I feel proud of myself for showing up even if it's hard?	No	Yes
Have I used avoidance to cope with similar events recently?	No	Yes
Have I had multiple recent social or work obligations that drained me?	Yes	No
Is this the third or more time I've cancelled similar plans for the same reason?	No	Yes
Would attending require pushing past a limit that could lead to burnout?	Yes	No
Have I had enough meaningful connection or engagement this week?	Yes	No
If a friend were in my shoes, would I encourage them to cancel?	Yes	No
Am I speaking to myself with understanding and care about this decision?	Yes	No
Would I be upset with myself later if I missed this?	No	Yes
Am I assuming I need to be more energised or "better" to be worthy of showing up?	No	Yes
Have I had any time today that wasn't spent caring for someone else?	No	Yes
If most of your answers sit on the left, this is likely genuine low capacity, not avoidance. Rest is a valid choice here.	RECONSIDER	GO