

Client Clarity Map

Visual Reflection Tool • Creating Order from Overwhelm

CLIENT RESOURCE

Purpose: This map helps you distinguish between what you're experiencing, what you understand, and where you need support. Sometimes the feeling of overwhelm comes from everything being mixed together.



What I'm Experiencing

What's happening in your body, mind, or life right now? (No need to explain why — just notice.)

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What I Already Understand

What do you already know about yourself or your situation? What makes sense to you?

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What I Need Support With

Where do you feel stuck, confused, or like you need help? What feels hard to do alone?

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✨ The Insight

"It's not that I'm broken. It's that everything is mixed together, and I need someone to help me put it in order."

🎯 What Feels Most Important Right Now?

Looking at your three areas, what stands out as the starting point?