



Am I Okay If They're Not?

A practical worksheet for noticing when another person's mood starts running your state - and how to stay connected to yourself without caring less.

Use this when someone else is angry, disappointed, stressed, quiet or just a little off.

The aim is not to judge yourself or force a different reaction. It is to understand what happened in you, what your system expected, what you felt compelled to do, and what evidence you created afterward.

The pattern we are mapping

Their mood changes	Attention shifts	Body reacts	Prediction	Urge to act	Behaviour	Evidence
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How to use this worksheet

Choose one specific moment and keep returning to that same moment. The examples throughout use a short reply, a disappointed face, or an annoyed tone. Keep your answers concrete. We are separating what actually happened from what your system automatically made it mean.

Keep this question with you

Do I genuinely want to help - or do I need to help so I can feel okay again?

Related reading

- [The Sovereign Self-Organising System](#)
- [How to Rebuild Self-Trust](#)



1. What Actually Happened?

First separate the event from the meaning you gave it.

Present information

Present information is what you could directly observe: the words spoken, an action, a change in the environment, or a sensation in your body. This is different from your explanation of why it happened.

Example - the short reply

You received the reply "Okay." Your stomach tightened. Those are observations. "They are angry with me" is a possible interpretation, not something you know from those two facts.

WHAT ACTUALLY HAPPENED?

What did you see, hear or feel? What facts would a camera or recording capture? What did your body do first?

Why this matters

If you skip this step, the interpretation can feel like a fact. Slowing it down helps you see exactly where your system added meaning.



2. What Did My System Make It Mean?

Something happens, then your system may fill in the meaning incredibly quickly.

When another person's mood changes, your system may instantly translate it into something about you. That meaning can become the prediction underneath the reaction.

Example - what your system might add

"They're angry." "I did something wrong." "I need to fix this." "If I don't, there will be tension, rejection or disappointment." These thoughts are not silly. They are clues.

WHAT DID I THINK THIS MEANT?

Write the first meaning your mind gave the situation. Do not correct it yet. We want to catch the automatic version.

WHAT WAS I PREDICTING?

What did you think would happen next? Example: They'll stay angry. They'll think I'm selfish. I'll lose connection. I'll have to explain.



3. What Did Their Mood Require Me To Do?

This question helps expose the instruction hidden underneath the discomfort.

Tick what feels familiar

- | | |
|---|--|
| ☐ Fix it | ☐ Explain myself |
| ☐ Apologise | ☐ Help |
| ☐ Agree | ☐ Give in |
| ☐ Make them laugh | ☐ Become quieter |
| ☐ Check if they are okay | ☐ Change my decision |
| ☐ Prove my point | ☐ Disappear or withdraw |

Example - after setting a boundary

You say no. The other person looks disappointed. You feel guilty and start explaining. Underneath that may be an instruction like: "Make them okay so I can feel okay again."

WHAT DID I FEEL I NEEDED TO DO?

Write the strongest urge. Then ask: what did I think would happen if I did not do that?



4. Caring or Self-Abandonment?

The behaviour can look almost identical from the outside. The difference is what is happening underneath it.

Caring	Self-abandonment
• I can see you are uncomfortable. • I want to understand. • I can listen without taking over. • I can repair it if I actually did harm. • I can help because I choose to. • I can still stay connected to what I need.	• I need you to stop being upset. • I need the tension to disappear. • I assume your feeling means I did something wrong. • I help because I cannot tolerate my discomfort. • I change myself so you will feel better. • I cannot relax until you are okay.

Example

Your friend is sad. Caring may look like sitting with her because you genuinely want to. Self-abandonment may look the same from the outside, but inside you feel panicky until you have cheered her up.

A useful check

After you help, explain or change something, notice what creates the relief. Is it because you made a choice that felt right - or mainly because the other person is okay again? That difference gives you useful information.



5. Build New Evidence

Your system updates through lived experience, not just through understanding the idea.

WHAT HAPPENED WHEN I DIDN'T IMMEDIATELY FIX IT?

Choose one small moment where you stayed with yourself a little longer. What actually happened?

WHAT DID I FEEL?

Examples: guilt, tight chest, urge to explain, restlessness, fear of disconnection.

WHAT DID I CHOOSE INSTEAD?

Example: I stayed kind, but I kept my original no. I did not chase, over-explain or change myself to remove their reaction.

New evidence I can keep

Someone can be disappointed with me and I can still be okay. Someone can misunderstand me and I do not have to chase them. Someone can have a bad mood without it becoming my job.



6. The Question To Keep

Use this before you automatically fix, explain, apologise, help or change yourself.

Am I okay if they're not?

Do I want to help, or do I need to help so I can feel okay again?

Pause and check

1. Where did my attention go?
2. What happened in my body?
3. What meaning did my system add?
4. What was I predicting?
5. What did their mood seem to require me to do?
6. What would I choose if I did not have to make their discomfort disappear?

Final reminder

You do not have to care less. You are learning that another person can have an emotion without that emotion automatically becoming an instruction for you.

Related reading

- [Sovereign Self-Organising System](#)
- [The Day I Let Someone Be Disappointed](#)
- [How to Rebuild Self-Trust](#)
- [Blog home](#)