



FROM THE MIC TO THE COMMUNITY

A PODCAST COMPANION

Notice. Pause. Choose.

An Episode 3 companion for noticing a familiar response and considering one next step.

READ / LISTEN / REFLECT

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AN EPISODE COMPANION

Begin where you are.

Recognizing a pattern can be a beginning. The next question is often what to do in an ordinary moment when it appears again. These pages give you room to notice, put a feeling into words, and consider a response that fits your values.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 3

Hear the conversation behind this reflection

Diana and Travis Meadows discuss emotional patterns, beliefs, relationships, and faith. The guest's framework is his perspective; this companion offers general reflection, not a diagnostic assessment.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding is a beginning / Consider your next response

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Understanding is a beginning

Why can knowing a pattern feel different from changing it?

A familiar response may happen quickly, especially during stress. Knowing its name does not automatically make another response easy. A small present-day example can help you notice what happened and prepare a question for a therapist if you would like support.

Choose an everyday moment

Consider a manageable situation, such as an awkward message or a change in plans. You can skip questions or stop. There is no need to revisit an overwhelming memory to use this page.

Type in the spaces below, or print and write by hand.

What happened, in a few words?

What did I feel?

What did I immediately want to do?

If you are facing threats, coercion, or danger, support with safety takes priority over trying a different response in that situation.

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Consider your next response

What might this response be trying to protect me from? It is okay not to know.

What would responding with wisdom look like for the next ten minutes?

That could mean waiting before sending a message, asking for time, writing down a question, or reaching out to someone supportive. Choose something realistic for your circumstances.

A question to take into care

"I can recognize this pattern, but responding differently is hard. Could we explore what happens in those moments and what support or skills may help?" Psychotherapy can offer a collaborative setting for understanding emotions and behaviors and working toward goals.

[1]

OPTIONAL FAITH REFLECTION

If faith is part of your life, how might prayer, spiritual community, or a value you hold support a thoughtful next step? Spiritual support and professional care can be part of the same conversation.

[Read Diana's reflection on Episode 3](#)

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

1. NIMH: Understanding psychotherapy

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

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at your own pace.

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theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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