

Reflection Resource: Are We Pathologising Being Human?

Counselling with Lynda | Trust Your Process

This guided reflection supports critical thinking about self-diagnosis, stress responses, and psychological labelling. Use it individually or within supervision, leadership reflection, or therapeutic dialogue.

1. Understanding Stress Responses

Consider a recent moment of distress.

- What was happening in your environment?
- How did your body respond?
- Did you notice fight, flight, or shutdown patterns?
- Was your response proportionate to the perceived threat?

2. Exploring Identity and Labels

- Have you ever adopted a psychological label to describe yourself?
- Was this label given through formal clinical assessment?
- How does this label influence your sense of agency?
- Does it expand or restrict your personal growth?

3. Context Versus Defect

- Is your distress linked to unmet needs, workload, relationships, or environment?
- What external pressures may be influencing your state?
- What supportive adjustments could reduce stress without self-pathologising?

4. Growth-Oriented Reframe

- What does this experience teach you about your needs?
- What boundaries require strengthening?
- What practical next step supports regulation and balance?