

Clarity Access Check-In

Tier: Access

How to use this

This is meant to be simple. You do not need to choose from options or write perfectly. Answer what feels relevant. Skip anything that does not apply. Honest answers are enough.

You can complete this in the spaces provided or type your answers separately and attach them when you email the submission.

Why this check-in exists

This is not a test. It exists to understand what life actually looks like for you right now—not what it is supposed to look like.

People usually reach out when things feel compressed: pressure is constant, options feel limited, and thinking clearly takes more effort than it should. If that is where you are, you are not doing anything wrong.

1 — What's going on right now

- What made you reach out at this moment?
- Was there a specific situation, change, or buildup that pushed things from manageable to heavy?
- Is there anything time-sensitive you're dealing with right now?
- How mentally heavy does everything feel overall?

2 — Day-to-day stability

- How stable does your housing situation feel right now?
- How reliable is your access to food and basic daily needs?
- How dependable is your transportation (if you need it for work or responsibilities)?
- Is anything affecting your energy or ability to function day-to-day (health, stress, exhaustion, medication, emotional load, etc.)?

3 — Money, as it actually shows up

- How does money come in for you right now?
- About how much do you usually have to work with in a month?
- What are the costs that have to be paid, no matter what?
- What everyday expenses are unavoidable for you?
- How much money do you realistically have access to right now?
- If something went wrong financially, is there any kind of buffer or backup—or would it hit immediately?

4 — Limits other people don't see

- What things are not realistically possible for you right now, even if they sound reasonable to others?
- What advice have you been given before that didn't fit your reality?

5 — What you still have working for you

- What skills or abilities can you rely on, even when you're stressed or tired?
- Has anything you've done in the past actually helped your situation, even briefly?
- Is there anything you have access to—time, tools, experience, people, knowledge—that might matter more than it looks?

6 — What you're trying not to lose

- If things went wrong, what would hurt the most right now?
- What risks are you already taking just to keep things going?
- What risks are you not willing to take, even if they promise upside?

7 — What relief would look like

- If this process helped, what would feel different in about 30 days?
- What would “stable enough for now” look like to you?

8 — Pressures that aren’t about money

- Is work or your role in it creating strain or confusion?
 - Are there relationship, household, or caretaking pressures weighing on you?
 - Are health issues, grief, or ongoing emotional stress part of what you’re carrying?
 - Are there legal, administrative, or institutional issues creating pressure?
 - Do you have any safety or stability concerns that keep you on edge?
 - Is there anything else quietly draining you that hasn’t fit anywhere else?
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A final note

This check-in starts from the assumption that your reactions make sense given what you are dealing with. The goal of the Access response is not to push you harder or tell you what you should do. It is to reduce pressure, prevent avoidable damage, and identify next steps that are actually viable right now. You are not behind. You are responding to real constraints—and that is where clarity begins.

Submission: email your completed check-in to michaelpaynotta@clearframeworks.org with subject “Clarity Access Check-In Submission”.