

Is It Menopause or Is It Me?

An honest self-assessment for professional women who know something has changed

Complete this privately. Take your time. There are no wrong answers.

Before You Begin

This is not a medical checklist.

There are plenty of those. This is something different. This assessment asks you to look honestly at what has been happening in your life — at work, at home, and inside your own head — and to consider, perhaps for the first time, what is really going on.

You don't need to share this with anyone. This is for you. Be as honest as you can. That is where the insight lives.

How to Use This Assessment

1. Read each scenario. Notice your reaction — that matters as much as your written response.
2. Answer the reflection prompt as honestly as you can. There is no need to be precise or articulate.
3. If a reflection asks you to remember something and you genuinely can't — that is completely fine. Write 'I don't know' or 'I can't pinpoint it'. Both are valuable answers.
4. At the end, read the interpretation. It will tell you something important.

The most important thing to know before you start:

Whatever you discover here is not a verdict on who you are. It is simply information. And information is the beginning of clarity.



Marjorie Grant

The Assessment

Six scenarios. No right or wrong answers. Just truth.

1

The Mind-Blank

You walk into a meeting you have prepared for. You know this material. You have presented versions of it dozens of times before. And then, midway through a sentence, your mind goes completely blank. Not a pause whilst you gather your thoughts — a full, terrifying wipeout. You recover — you always do — but nobody in that room saw the wave of panic that just passed straight through you. You told yourself it was tiredness. You've been saying that for a while now.

Reflection: *Can you remember when this first started happening? If you can, jot down when and where. If you can't — and many women genuinely can't, because it creeps up so gradually — that is completely okay. Instead, ask yourself: is it happening in every meeting, or particular ones? Does it get worse with certain people in the room, or under specific kinds of pressure? Even a vague sense of 'it's been a while' is a real and useful answer.*

Your response — even 'I honestly don't know when it started' is the right answer if it's true:

2

The Secret List

You have started keeping track. Not formally, not in a notebook — just in your head. The name you couldn't recall in a meeting. The email you re-read three times and still couldn't absorb. The word that completely deserted you mid-sentence in front of a senior colleague. Late at night, when the house is quiet and the usual distractions are gone, the word 'dementia' has crossed your mind. You have Googled it. You have dismissed it. You have Googled it again.

Reflection: *How long have you been frightened by your own mind? You don't need to remember the exact moment the fear began — it may have arrived so quietly you barely noticed it at first. What I'm asking is this: when you are honest with yourself, how long has this been going on? A few weeks feels different from six months, which feels different from 'longer than I want to admit'. If you genuinely can't place it, write exactly that. It tells me something important.*

Your response — take your time with this one:

3

The Performance

You are the capable one. The person people come to when things get complicated. The one who has always had a clear head under pressure, a decisive answer, a way through. That identity has been part of you for so long you stopped noticing it — until lately. Because lately, you are performing it. You still show up. You still deliver. But inside, there is a dread you didn't used to feel — a quiet terror that today might be the day you open your mouth and nothing useful comes out.

Reflection: *Think of a recent moment when you felt this gap — between the composed professional on the outside and what was actually happening underneath. You don't need to remember the very first time this feeling appeared; just the most recent one, or the most vivid. If nothing specific comes to mind, write about the feeling itself — what it is like to perform capable rather than simply be it. That is just as useful an answer.*

Your response:

4

The Retreat

You have started saying no. Not dramatically — you haven't made any announcements or caused any scenes. Just quietly, one thing at a time. A panel you would once have put your hand up for. A project that would have genuinely excited the version of you from two or three years ago. A speaking opportunity you told yourself wasn't quite the right fit, even though it clearly was. The official reason is always workload, or timing, or priorities. But the real reason, the one you haven't said to anyone, is that you don't trust yourself in those situations anymore.

Reflection: *Name one thing you have stepped back from in the last few months — something that the version of you from two or three years ago would have stepped straight into without hesitation. You don't need to list every instance; just one real example. And if the most honest answer is 'I have lost count', or 'I can't even remember what I used to say yes to', please write exactly that. It matters more than a tidy answer.*

Your response:

5

The Replay

A colleague said something. It wasn't significant — a throwaway comment, a slightly flat tone in an email, a look across a table that might have meant nothing. And yet you are still turning it over. You have replayed it at your desk, in the car, at two in the morning. You have constructed a story around it — a story in which you are not measuring up, in which people are beginning to notice, in which it is only a matter of time. You know the reaction is out of proportion. Knowing that does not make it stop.

Reflection: *Think of a recent example — it doesn't need to be the worst one, just a real one. What was the comment or moment? What story did your mind build around it, and how long did you carry it? You don't need to remember every time this has happened — just acknowledge honestly whether this pattern feels familiar. Even 'yes, this is my life lately' is a complete and useful answer.*

Your response:

6

The Thought You Haven't Said Out Loud

You have thought about leaving. Not impulsively, not dramatically — just a quiet thought that keeps returning. Not because the work has lost its meaning. Not because you don't have more to give. But because the gap between who you used to be in this career and who you feel like right now has become almost unbearable. And somewhere underneath all the professionalism and competence and showing up every day, a voice has started asking: would it simply be easier to go?

Reflection: *You don't need to remember the first time this thought appeared — it may have arrived so quietly you barely registered it as a thought at all. What I am asking is simpler than that. When you picture leaving — what does the relief look like? And when you picture staying, but on your terms, feeling like yourself again — what does that feel like? You don't need to answer both. Write whichever feels most honest right now.*

Your response — this is the most important one:

What Your Responses Are Telling You

1–2 scenarios felt familiar

You are in the early stages of noticing. That awareness is more significant than it might feel right now. Most women dismiss these signals for months, sometimes years, before they pay attention. You don't need to be in crisis to benefit from clarity work. In fact, the earlier you address this, the less you lose — at work, at home, and inside yourself.

3–4 scenarios felt familiar

This is already affecting your daily life, your confidence, and your sense of who you are. The fact that you have completed this assessment honestly tells me you already know something needs to change. You deserve support that goes far deeper than symptom management. And that support exists.

5–6 scenarios felt familiar

You are in the middle of an identity-level transition that has been disguising itself as performance decline. This is not who you are becoming. This is a threshold — and you are standing right at it. What you need now is not more coping strategies. It is clarity about who you are mid-transformation, and a way through that doesn't cost you the career you have spent decades building. That is precisely what I do.

Whatever your number, you were honest. That is everything.

The women I work with almost always say the same thing after our first conversation:

'I thought I was the only one.'

You are not the only one. Not even close.

You are not broken. You are mid-transformation.

Book a complimentary discovery call at marjoriegrant.co.uk

