



You Are Here

Your Effective Guide to Lasting Change

DR. CHRISTOPHER S. TAYLOR

"An honest map for self discovery." — Foreword by NHL Veteran Marty Turco

Find Your Red Dot. Begin Your Journey.

taylorcounselinggroup.com

Where Are You?

“Not until we are lost do we begin to understand ourselves.”

— Henry David Thoreau

The call came in the afternoon just as I was wrapping up for the day. Her voice trembled as she spoke, a mix of panic and desperation seeping through the phone. ‘My son is depressed,’ she said. ‘I don’t know what to do.’

Her 19-year-old son, Brian, had recently been broken up with. The relationship had become his anchor, his defining point of reference. Without it, he felt completely lost — as though he no longer existed in any meaningful way.

In our sessions, I asked Brian a simple question: ‘Where are you?’

He looked at me, confused. I explained that I wanted him to think of his life as a map — much like the ones you find at a mall. ‘You know how there’s always that red dot that says “You Are Here”?’ I asked. ‘Let’s figure out where your red dot is.’

Instead of stores and restaurants, Brian’s map was filled with relationships, interests, and experiences. As we built his map together, something shifted. He began to see his life from a new perspective — not defined by his past or his relationship, but by the things that truly mattered to him.

The simple act of mapping out his life gave him the tools to reclaim his identity and find a renewed sense of purpose. The red dot on his map became more than just a point of reference. It became a symbol of his progress — a reminder that no matter how lost he felt, he was always somewhere.

“You are always somewhere. The question is: where?”

— Dr. Christopher Taylor, You Are Here

Map Your Current State

Before you can find your way forward, you have to know where you are. This exercise is drawn directly from the therapeutic framework in You Are Here. It takes about 10 minutes. Be honest — that's the whole point.

1 Identify Your Anchors

Write down the 5–10 things that currently define your life: your job, your relationships, your passions, your daily routines. These are the “stores” on your map. Don’t judge them yet — just name them.

2 Name the Darkness

Honestly identify where you feel lost, stuck, or in despair. Which areas of your life feel like the Desert of Despair, the Fog of Confusion, or the Island of Isolation? Write them down without shame. Naming them is the first act of courage.

3 Place Your Red Dot

Look at everything you’ve written. Where are you, really? Not where you wish you were — where are you right now? Write a single honest sentence: “Right now, I am...” This is your red dot. This is your starting point.

YOUR RED DOT — Complete this sentence:

“Right now, I am...”

WHERE MIGHT YOU BE RIGHT NOW?

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|--|--|
| <ul style="list-style-type: none">  Desert of Despair
Empty, purposeless, or numb.  Island of Isolation
Disconnected, lonely, cut off.  Burnout Crater
Exhausted, depleted, running on empty. | <ul style="list-style-type: none">  Fog of Confusion
Overwhelmed, unclear, paralyzed.  Lost Woods
Searching but going in circles.  Pit of Shame
Trapped by guilt or unworthiness. |
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REFLECTION PROMPT

“What does your map look like right now? What does your red dot reveal about where you truly are in your life — not where you’re performing, but where you actually live?”



The Map is Just the Beginning.

Finding your red dot is the first step of a three-part journey: Self-Awareness, Self-Realization, and Self-Actualization.

In *You Are Here*, Dr. Christopher Taylor weaves together existential philosophy, real clinical stories, and practical exercises to help you move from lost to fully alive. Across 16 chapters, you'll confront the darkness, discover your freedom, and choose who you want to become.

This isn't therapy. It's a map. And you're already on it.

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|-------------------|---------------------------|-------------------------------|
| ● Part I | Self-Awareness | Confront where you truly are. |
| ● Part II | Self-Realization | Discover who you want to be. |
| ● Part III | Self-Actualization | Choose who you become. |
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Get the Full Book → youarehere.taylorcounselinggroup.com

“The journey to self-actualization begins with a single honest question: Where are you?”

— Dr. Christopher S. Taylor