

# Have You Truly Arrived?

*A gentle self-assessment for  
international spouses and  
partners in Switzerland — to feel  
more grounded, connected, and  
at home in themselves.*

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# A Moment to Pause

Moving abroad is exciting – but it can also be unsettling. And when you arrive as a partner, without your own job, network, or daily structure, the challenge becomes deeply personal.

You may look fine on the outside. But inside, you might be quietly asking yourself:

- "Is this really how I want to feel?"
- "Where do I belong?"
- "What's next – for me?"

This short self-test is a gentle way to check in with yourself. No pressure. No judgment. Just a few honest questions about where you stand – emotionally, socially, and professionally – in your life here in Switzerland.

***Take a deep breath, grab a pen, and answer each statement as it feels true to you. Then, on the next page, you'll see what this reflection can offer — and how it might help you reconnect with yourself, right where you are.***

# What This Test Can Offer You

When you move to a new country – especially as a partner – there's often no clear moment where someone asks:

***"And how are you doing in all this?"***

This self-test gently creates that moment. It's a pause — just for you. Not to fix or evaluate, but to help you see more clearly where you are and what you might need.

By taking a few quiet minutes to reflect, you'll begin to:





- Recognise where you're already doing well (Even if it hasn't felt that way)
- Notice where things feel heavier or unclear
- See what would help you feel more grounded (Connected, and alive again)

This is not about performance or comparison. It's about awareness — the kind that brings relief, not pressure.

***Because real change doesn't start with action. It starts with awareness — and the kindness to listen to yourself.***

## How It Works

For each of the following 10 statements, mark the answer that feels most true for you:

-  Yes, very true – **Score 1 point**
-  Somewhat true – **Score 0.5 points**
-  Not really true – **Score 0 points**
-  Not at all true – **Score 0 points**

At the end, add up your total and turn to the next page to read your results.

***Be honest with yourself. The more real you are, the more valuable your insights will be.***

# Self-Assessment Statements

N	Statement	✓	—	✗	⊘
1	Some days I feel present and engaged – but others feel automatic or disconnected.				
2	I've lost touch with the things that used to energize or inspire me.				
3	I find it hard to talk honestly with my partner about how I'm really doing – or I avoid it altogether.				
4	I compare myself to others who seem to be doing better here – and feel like I'm falling behind.				
5	I sometimes question whether this move was right for me – even if I don't say it out loud.				
6	I don't feel like I truly belong here – like I'm always observing, not participating.				
7	I've met people – but I'm still looking for deeper, more meaningful connections.				
8	I miss doing something that feels meaningful – and I'm not sure how to find that again.				
9	I often feel invisible in conversations – especially when people talk about their careers or projects.				
10	I struggle to answer the question: "And what do <i>you</i> do?" – because I'm unsure how to define myself here.				

**1 2 3 4** Your Total Score: \_\_\_\_\_

Turn the page to see what your score means.

# Your Score & Reflection

## **0–3 points – You're building strong foundations**

You've started to settle in and may already feel moments of connection, confidence, and clarity. That's something to appreciate – it shows that parts of your life here are beginning to take root.

Still, you might sense there's more potential for you here: deeper friendships, more meaning, more confidence in who you are.

***Ask yourself: "What would help me feel more like myself – more of the time?"***

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## **4–6 points – Somewhere in between**

This is a very common space to be in. You're not struggling badly – but you're not thriving fully either.

You might be longing for a bit more direction, emotional connection, or professional fulfillment. This test may have helped you put words to what's been hard to name.

***You don't have to change everything – just begin where you are.***

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## **7–10 points – You've been carrying a lot**

If most of these statements felt painfully true, it may be because your needs have been quietly unmet for a while. Please know: it's not just you. This experience is real – and valid.

***You're not doing anything wrong. But maybe it's time to do something differently.***

If you'd like a space to talk about what that could look like – there's room for that.

# Why I Created This – A Personal Note from Susanne



I've spent time living in different countries – the US, Finland, Ukraine, Russia, and the UK. Each experience was a new beginning. Each time, I had to find my footing again: socially, emotionally, professionally.

Sometimes, I was lucky enough to have a key person – someone who welcomed me, shared their insights, or simply made me feel less alone. Other times, I had to find my own way – and I know how heavy that can feel.

Over the years, I've met and worked with many international partners in Switzerland and abroad. I've seen how easily they disappear in the background: smart, strong, capable people who suddenly doubt themselves – simply because the world around them doesn't reflect who they are.

I created this self-test because I want to offer a pause. A mirror. Not to judge. Not to push. But to give space for clarity – and to show that change is possible, even when you feel like you're standing still.

I believe that **integration isn't just about learning the system**. It's about feeling seen, heard, and valued – and having the tools and support to build a life that feels yours again.

If this test brought up thoughts or feelings for you – that's a good thing. It means something inside you is waking up.

*"Sometimes it helps to have someone beside you while you find your way."*

# Ready to Talk? Let's Have a Conversation.

If something in this self-test resonated with you — if you recognised yourself in these questions — maybe it's time to stop carrying it all alone.

I offer a free, 45-minute 1:1 Clarity Conversation — a calm, unhurried space just for you.

Together, we can explore:

- what's been weighing on you
- what you'd love to feel instead
- and what small steps could help you get there — socially, emotionally, or professionally

There's no pressure, no expectation, no agenda. Just space to breathe, talk, and be heard.

## **Book your free session:**

 [www.susannewidmer.com/calendar](https://www.susannewidmer.com/calendar)

## **Prefer to wait or write instead?**

That's okay too. You're welcome to reach out by email:

 [susanne@susannewidmer.com](mailto:susanne@susannewidmer.com)

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*Let's make your stay in Switzerland a rewarding and enriching experience.*

# A Gentle Way to Stay Connected

🕊️ *You're not the only one finding your way here.*

I've seen how much lighter it can feel when people connect with others who truly understand this experience.

That's why I created a warm community space on Facebook:

## **Let's Go Swiss - Get Your Life Back on Track**

It's a warm, supportive corner for international partners in Switzerland — to share stories, find encouragement, and feel a little more at home.

👉 [facebook.com/groups/letsgoswiss](https://facebook.com/groups/letsgoswiss)

# Thank You

Thank you for being honest with yourself.

*This is where change begins.*