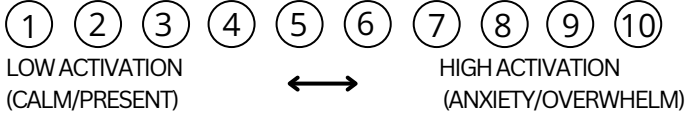




Somatic Self Check-In

Date: _____

Distress Scale



- ☐ Pause. Connect to your body. Close eyes. Hand on heart or soothe with touch. Breathe slow. Notice sensations + where tension is present in your body. Describe it. Get curious. Ask ?'s. What emotions are being stored there? How old is this part of you? What does this part want you to know or understand?

Sensations I feel right now...

I give myself permission to...

Emotions I feel right now...

I am proud of myself for...

- ☐ Use EFT tapping + start by saying: "Even though I feel _____, I deeply + completely accept myself."

Tap on chest or tap through the EFT tapping points to connect with this part of you. Let it be expressed. What is present? What do you feel? Be raw + real. Ask questions. Seek to understand. Seek to see other possibilities. Validate/affirm this part of you. "It makes sense..." Choose a compassionate response to this part that showed up. End with powerful statements of truth.

This part believes...

This part needs...

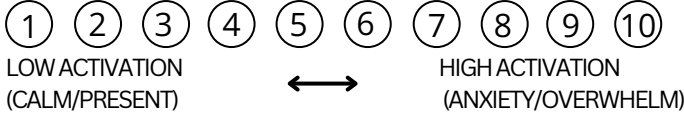
When my stress response is triggered again, I will...

- ☐ Pause. Hug yourself. Breathe slowly. Feel your feet grounded. Visualize what you want to embody. See it existing + happening as a movie (what it looks like + feels like.) Allow yourself to receive it! Believe it is possible + is happening right now in your mind. Let your face express it. Declare how it feels to embody it. Let this energy guide you!

Somatic Self Check-In

Date: _____

Distress Scale



- ☐ Pause. Connect. Close eyes. Hand on heart or soothing touch. Breathe slow. Listen. Lean in. Notice sensations + where tension is present in your body. Describe it. Get curious about it. What emotions are being stored there? What is this part of you trying to communicate?

Sensations I feel in my body...

Emotions held in this place...

- ☐ With hand on heart or using tapping points say: Even though I feel _____, I deeply + completely accept myself.

This part of me is trying to protect me from...

This part of me needs to express this by...

I support this part of me + respond compassionately by...

I give myself permission to...

I am proud of myself for...

I am excited for...

I am grateful for...

Truth I am claiming today...

When my stress response is triggered, I will show up for myself by...

In this moment I am open to embody...

- ☐ Pause. Visualize. Hug yourself. Breathe slowly. Feel your feet grounded. Visualize what you want to embody. See it existing + happening as a movie (what it looks like + feels like.) Allow yourself to receive it! Believe it is possible + is happening right now in your mind. Let your face express it. Say out loud how it feels to embody it. Let this energy guide you!