

Daily

SELF CHECK-IN QUESTIONS



to cultivate a stronger relationship
with yourself and process emotions

GET CURIOUS

What am I feeling right now? (stay open and non-judgmental)

What triggered these feelings?

What are the feelings rooted in? Is there something familiar or old here?

CONNECT TO YOUR BODY

What can I notice in my body right now?

Is there anywhere that my body is holding tension?

What is my body needing? Maybe some deep breaths or a stretch?

COPE

How can I validate my experience and emotions?
(What I'm feeling right now makes sense because...)

What do I need to cope? (Is it allowing myself to cry, connecting with a loved one or using a skill or soothing activity?)