

■ Worksheet 3: Body Literacy & Relationships

Part A: Learning Your Body's Language

Your early warning signals (what your body says BEFORE crisis):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Energy Tracking (1-10 Scale)

Track daily for 30 days. Rules: 1-3=rest only, 4-6=limited activity, 7-10=normal activity

[illegible]

Part B: Relationship Energy Audit

Rate each relationship's impact on your energy:

Person/Relationship	Draining (-3 to 0)	Neutral (0)	Restoring (0 to +3)	Action Needed

Based on this audit, which relationships need boundaries?