

Self Check-In Exercise



To help you **pause, reflect, and answer.**

- Take three deep breaths
- Scan your body. Identify the areas of constriction, numbness or discomfort.
- Turn your eyes to the area that is most pronounced. Breathe into this area and occupy it with your awareness. Be curious and open as much as you can.
 - Ask, **“What is this about?”** and listen.
 - Ex: That person is looking at me cross-eyed.
- After identifying what this is about on your “external,” now ask **“What do I believe about me in this?”**
 - Ex: I am not acceptable, or I am not respected
- Exhale and relax your muscles on the exhale. Now that you have the information your body is more likely to relax and release the constriction that existed before.
- Ask, **“What is the truth here?”** or **“What is a positive statement that is acceptable to you that seems true?”**
 - Ex: I am acceptable or I am respected. I accept me or I trust me
- Breathe deeply, emphasizing on the inhale. **FEEL** this positive statement. **PRETEND** if you have to. Let yourself **EXPERIENCE** the truth of the positive statement in every cell of your body

This will bring you back to a more centered and balanced place