

Self Check-In Exercise

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

- Inhale gently three times, relaxing with a longer exhale.
- 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
- Relax with a longer exhale
- 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 respect me.
- Breathe comfortably through your whole body as you feel the truth of the positive statement

This will bring you back to a more centered place of wholeness.

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