

SELF-CARE CHECK-IN WORKSHEET

One of the most loving acts of self-care is simply checking in with what we need and then giving that to ourselves. For example, it may be movement, food, water, time alone, socializing, or rest. Trauma victims are often used to living in survival mode, detached from their physical bodies and emotional needs. Teaching them how to check-in and then provide for their needs will help them come back into the body while learning how to self-soothe in a healthy way. Use this worksheet to practice this method.

What does my body need right now?

What does my spirit need right now?

What do I need mentally right now?