Self Check-In

This space is for honesty, not perfection. Circle, check, or write what fits today. Leave blank what feels too heavy. You can always return when your heart is ready.

Date: _____

Time: _____

Today I...

Circle or check anything that applies. Small steps count.

- ▯ Made the bed
- ▯ Fixed my hair
- ▯ Ate something
- ▯ Exercised
- ▯ Rested
- ▯ Talked with someone
- ▯ Used alcohol to cope
- ▯ Looked at pictures or videos
- ▯ Did something that helped me keep going
- ▯ Showered
- ▯ Wore clean clothes
- ▯ Drank water
- ▯ Took a walk
- ▯ Prayed
- ▯ Connected with family or friends
- ▯ Chose not to drink today
- ▯ Said my child's name
- ▯ Brushed my teeth
- ▯ Left the house
- ▯ Went to work
- ▯ Went for a drive
- ▯ Cried
- ▯ Avoided people
- ▯ Sat in silence
- ▯ Did something that felt hard

Other:

What I Felt or Experienced Today

Circle or check the words that fit today.

- ☐ Afraid
- ☐ Alone
- ☐ Angry
- ☐ Anxious
- ☐ Ashamed
- ☐ Betrayed
- ☐ Brave
- ☐ Broken
- ☐ Calm
- ☐ Capable
- ☐ Changed
- ☐ Comforted
- ☐ Confused
- ☐ Depressed
- ☐ Determined
- ☐ Discouraged
- ☐ Empty
- ☐ Encouraged
- ☐ Exhausted
- ☐ Exposed
- ☐ Fake
- ☐ Fearful
- ☐ Forgiven
- ☐ Forgotten
- ☐ Fragile
- ☐ Free
- ☐ Frozen
- ☐ Frustrated
- ☐ Grateful
- ☐ Guilty
- ☐ Happy
- ☐ Haunted
- ☐ Healing
- ☐ Heartbroken
- ☐ Helpless
- ☐ Hopeful
- ☐ Hopeless
- ☐ Impatient
- ☐ Invisible
- ☐ Irrational
- ☐ Isolated
- ☐ Jealous
- ☐ Joyful
- ☐ Lifeless inside
- ☐ Longing
- ☐ Lost
- ☐ Loved
- ☐ Miserable
- ☐ Mourning
- ☐ Needy
- ☐ Neglected
- ☐ Nervous
- ☐ Numb
- ☐ Overwhelmed
- ☐ Peaceful
- ☐ Punished
- ☐ Rage
- ☐ Relieved
- ☐ Safe
- ☐ Selfish
- ☐ Shocked
- ☐ Sick
- ☐ Struggling
- ☐ Stuck
- ☐ Supported
- ☐ Thoughtful
- ☐ Threatened
- ☐ Unsure
- ☐ Understood
- ☐ Violated
- ☐ Vulnerable
- ☐ Weak
- ☐ Welcomed
- ☐ Worthless
- ☐ Wounded

Other words that describe today:

One Thing I Did for Myself Today

Examples: made the bed, ate something, took a walk, went for a drive, showered, rested, prayed, worked out, called someone, sat outside, went to work, drank water.

Today, I did this for myself:

Thoughts That Feel Too Hard to Write

Use this space for the thoughts you may not be ready to say out loud.

Thoughts That Brought a Smile to My Face

Use this space for a memory, sound, smell, picture, moment, or thought that brought even the smallest smile.

What I Am Carrying Right Now

Since beginning this self-reflection time, what emotions are you noticing now?

☐ Afraid	☐ Alone	☐ Angry	☐ Anxious	☐ Ashamed
☐ Brave	☐ Broken	☐ Calm	☐ Comforted	☐ Confused
☐ Discouraged	☐ Empty	☐ Exhausted	☐ Fearful	☐ Fragile
☐ Frustrated	☐ Grateful	☐ Guilty	☐ Heartbroken	☐ Hopeful
☐ Hopeless	☐ Longing	☐ Loved	☐ Mourning	☐ Nervous
☐ Numb	☐ Overwhelmed	☐ Peaceful	☐ Relieved	☐ Sad
☐ Safe	☐ Struggling	☐ Supported	☐ Unsure	☐ Vulnerable
☐ Weak	☐ Wounded			

Other:

Pause and Breathe

Sit still for five minutes or more if you are able.
Let your body rest.
Take a slow breath in.
Let a slow breath out.
You do not have to fix or understand everything right now.
You are allowed to simply breathe.

Do I Need to Reach Out?

Do I need to reach out to someone today?
If yes, who was your safe people from the Grief House Activity or who is a safe person for you?

▯ Yes ▯ No ▯ Not sure

What Do I Need From Them Today?

▯ A phone call	▯ A text	▯ Prayer	▯ Someone to sit with me
▯ Help making an appointment	▯ Help getting through the day	▯ Help with a task	▯ Someone to listen without trying to fix me

Other:

Do I need to schedule an appointment with my doctor, counselor, therapist, pastor, grief support leader, or another trusted support person?

▯ Yes ▯ No ▯ Not sure

If you answered yes or not sure, please take one step now.

☐ Send the text. ▯ Make the call. ☐ Schedule the appointment. ▯ Ask someone to sit with you.