



Rooted Through Recovery **Somatic Check-in Sheet**

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Welcome to Your Somatic Check-In Practice

This document is a companion to your healing — not a checklist, not a test, not a tool for self-judgment. It's a daily opportunity to pause and listen to what your body has been trying to say.

Because recovery isn't just a mental process.

It's not just about what you think or believe.

It's about what you feel, what you carry, and how your nervous system has learned to survive.

This practice helps you reconnect with that inner world — the sensations, signals, and somatic cues that often go unnoticed. When we slow down and check in with the body, we begin to build awareness, regulation, and relationship. And from that place, transformation becomes possible.

Why Somatic Awareness Matters in Recovery

Many of us have spent years — even decades — disconnected from our bodies. Whether through trauma, addiction, survival strategies, or just trying to keep going, we've learned to numb out or override what we feel. But the body keeps score. It remembers what the mind forgets. And it holds the key to our healing.

Somatic check-ins support:

Regulation: Helping you return to a state of balance after overwhelm or collapse

Awareness: Noticing patterns before they spiral

Safety: Rebuilding trust within your body — especially if it hasn't always felt safe to be in it

Integration: Bringing together the mind, body, and spirit — rather than healing in fragments

How to Use This Practice

Each check-in offers a simple prompt to guide your awareness inward. There's no right or wrong way to respond. Some days you may write a full paragraph. Other days, you may simply breathe and notice. Both are valid. Both are healing.

You can use this document:

- As a daily grounding practice
- Before or after recovery meetings
- When feeling dysregulated, numb, triggered, or unsure
- As a transition tool between parts of your day (e.g., waking up, leaving work, before bed)
- Alongside your Rooted Companion Journal or any other healing work

A Note on Trauma Responses

This document honors all nervous system states — including those that might feel messy or uncomfortable. There is no shame in checking in and realizing you're in freeze. Or flop. Or fawn. You're not doing it wrong. You're listening.

Here's a brief reminder of the states you may notice during your check-ins:

Fight: urgency, anger, control

Flight: panic, overthinking, avoidance

Freeze: shutdown, numbness, stillness

Fawn: people-pleasing, disappearing yourself

Flop: collapse, limpness, low energy

Fragment: disconnection, identity confusion, feeling scattered

You don't need to label or fix what you find. Just notice it. Hold it gently. That is the beginning of change.

Begin With Curiosity

You might be surprised by how much your body already knows. By how much wisdom lives beneath the noise. So before you begin, take one deep breath and remind yourself:

"I don't need to fix anything right now. I am simply here to listen."

What Does “Somatic” Mean—and Why Does It Help?

“Soma” means the living body.

When we talk about somatic healing, we’re talking about healing that includes the body—not just the mind. Somatic practices help us notice what we feel in our bodies, respond to it with care, and create safety from the inside out.

For many trauma survivors, the body has been a place of pain, fear, disconnection, or shame. Trauma doesn’t just live in memories—it lives in the body’s responses: tension, bracing, numbness, shutdown, panic, withdrawal. These aren’t flaws. They’re survival strategies.

Somatic work doesn’t require you to “figure everything out.”

It invites you to feel what’s true in the moment—without judgment—and to begin building trust with your own internal signals.

Why this matters in recovery:

You can stop a behavior and still be dysregulated.

You can stop drinking or using and still feel dissociated, anxious, frozen, or compulsive.

Until we work with the nervous system, we often stay stuck in the same emotional loops—because the body never got the message that it’s safe to change.

Somatic tools help us:

- Recognize when we’re in a trauma response • Reconnect with safety and aliveness
- Release the need to numb, flee, or fix
- Build capacity to feel without shutting down • Rewrite the body’s story—not just the mind’s

You don’t have to be “good” at somatic work. You just have to be willing to try. This is not about forcing the body to behave. It’s about learning how to listen— with patience, softness, and practice.

Your body is not the enemy.

It’s the messenger.

And it’s been waiting to be heard.

Nervous System Snapshot

Sympathetic State (Fight or Flight)

This state may involve racing thoughts, a fast heartbeat, muscle tension, restlessness, agitation, difficulty focusing, or a sense of urgency.

Dorsal State (Freeze or Shutdown)

You might feel numb, heavy, disconnected, fatigued, foggy, or withdrawn. It may feel hard to get started or to care about things.

Ventral State (Regulated and Safe)

In this state, you may feel calm, open, present, grounded, and able to think clearly. Your body feels like a place you can inhabit without fear.

Where am I right now?

Tune into the body and use these states to help describe what state you feel most connected to today, or how you may have moved between them.

Regulation Tools to Explore

As you go through this, learning to regulate so that you can feel SAFE is key. You do not need to fix how you feel. These are gentle ways to support your system—not prescriptions, but invitations.

Try taking a few slow, audible exhales Place your hand on your chest or cheek
Gently sway, stretch, or rock
Speak your emotion aloud

Drink something warm or cool
Sit or lie down and feel the support beneath you
Step outside and feel the air
Reach out to someone safe
Repeat a phrase or affirmation that helps you feel grounded

What helped today? What might help tomorrow?

The Check-In's

Morning Check-In

1. What do I feel in my body right now?

Write any physical sensations you notice, such as buzzing, numbness, pressure, ease, warmth, tension, or anything else.

2. What emotions are present?

Name any emotions that feel true. If you're unsure, describe the tone or texture of your experience—such as heavy, floaty, sharp, still, agitated, or soft.

3. What might my nervous system be needing right now?

Examples: safety, movement, rest, connection, nourishment, space, expression, or something else.

Evening Check-In

1. What stayed with me today, either in my body or my emotional experience?

2. Did I listen to my needs today?

Answer honestly. You might write: yes, somewhat, not really—and that's okay.

3. What helped me regulate or reconnect today?

Examples might include breath, music, movement, stillness, nature, time alone, or connection.