



Somatic Self Check-In

Date: _____

Distress Scale

①

②

③

④

⑤

⑥

⑦

⑧

⑨

⑩

LOW ACTIVATION
(CALM/PRESENT)



HIGH ACTIVATION
(ANXIETY/OVERWHELM)

- ☐ Pause. Connect. Close eyes. Hand on heart or soothing touch. Breathe slow. Listen. Lean in. Notice sensations + where tension is present in your body. Describe it. Get curious about it. What emotions are being stored there? What is this part of you trying to communicate?

Sensations I feel in my body...

Emotions held in this place...

- ☐ With hand on heart or using tapping points say: Even though I feel _____, I deeply + completely accept myself.

This part of me is trying to protect me from...

This part of me needs to express this energy by...

I support this part of me + respond compassionately by...

I give myself permission to...

I am proud of myself for...

I am excited for...

I am grateful for...

Truth I am claiming today...

When my stress response is triggered, I will show up for myself by...

In this moment I am open to embody...

- ☐ Pause. Visualize. Hug yourself. Breathe slowly. Feel your feet grounded. Visualize what you want to embody. See it existing + happening as a movie (what it looks like + feels like.) Allow yourself to receive it! Believe it is possible + is happening right now in your mind. Let your face express it. Say out loud how it feels to embody it. Let this energy guide you!