

Last name _____ | First name _____ | Date _____ | Phone: _____

Awareness Check-in

I calm and reassure myself as I become aware of what is up with me.

BODY. Please do a quick body scan. Start with the top of your head, move through your body to your toes, and become aware of what is going on within your body.

Right now, the most comfortable part of my body is _____.

Right now, the most uncomfortable part of my body is _____.

FEELINGS

(Choose one of the "Big Four Feelings" - mad, sad, glad, afraid - OR use words from a "Feelings Wheel" OR use your own words.)

Right now, I feel _____.

THOUGHTS

Right now, I am thinking:

_____.

CATCHING NEGATIVE SELF-TALK | I caught myself using this sentence to criticize or judge myself:

_____.

HELPFUL REPLACEMENT SELF-TALK | I used this helpful, supportive sentence about myself to replace my negative self-talk:

_____.

NEEDS | 3 current needs I have are:

- 1) _____
- 2) _____
- 3) _____

WANTS | 3 current wants I have are:

- 1) _____
- 2) _____
- 3) _____

PRIORITIES | The most important thing for me to talk about today is:

_____.

QUESTION | The question I would most like to hear an answer to today is:

_____.