

Self-Care Check-in Worksheet

4 steps to self-care: Identify Feelings/Sensations • Name the Inner Part • Determine the Trigger • Tend/Nurture

This exercise strengthens our ability to identify our emotions and feel them, which grounds us in the present moment. Recognizing which part is activated and how it got triggered helps us care for the wounded parts of ourselves. Doing this exercise regularly acquaints us with the healthy, loving adult within each of us. Close your eyes and let the answers arise from inside.

1. What physical sensations and emotions do you notice? Allow yourself to experience them.

a. I feel (one-word emotions*): _____

Some common emotions: angry, disappointed, frustrated, tired, sad, hurt, scared, confused, hopeless, embarrassed, ashamed, touched, thankful, relieved, joyous, comfortable, eager, proud, serene, hopeful, content. **Example: I feel anxious and scared.**

b. I notice (physical sensations): _____

Check your breathing, face, throat, torso, hands, feet, etc.

Example: Tightness in the stomach. Shallow and choppy breathing. Cold hands.)

*One-word emotions help us distinguish emotions from thought. Practice using "I feel" followed directly by the emotion word. When we use *that, like, as if, pronouns or names/nouns* after "I feel," were often describing a thought. For example, "I feel like a failure," and "I feel she doesn't like me."

2. What part is this?

Wounded Child

Teenager

Inner Critic

Healthy, Loving Adult

3. What triggered this part? Check your self-talk. Allow yourself to experience your emotions.

Inner Critic / Diseased Thinking*

Reaction to People, Places and Things

Don't know

Describe briefly: _____

Example: My Inner Critic projected a scary future. That wounded and scared my inner child.

*Ruminating on the past, projecting in the future, shoulds, musts, black/white thinking, paranoia, catastrophizing, etc.

4. How can you tend to this part from the healthy loving adult within you?

Validate the part's feelings and reality: _____

Example: "It sounds like you're feeling sad, maybe even hopeless you'll ever feel safe."

Reassure / Nurture: _____

Example: "I'm here and it's safe to feel this now. I won't leave you alone with these big feelings. Let's breathe together and bring this down."

Anything else needed? Comforting touch or gentle education?

Example: I let go of the Inner Critic and rock my inner child. "This is not that. You don't need to take care of this, I'm going to do that. It's not your job, sweetie."

