A Gentle Body Check-In

An optional moment to notice what is happening now, without trying to change it.

GENTLE REMINDER

You do not need to close your eyes, notice internal sensations, or revisit difficult memories. Looking around the room is enough.

One ordinary thing I notice around me

It might be a colour, object, sound, or texture.

What I notice about physical contact

For example: my feet on the floor, clothing, or support from a chair.

A word for how I feel right now

Or write “unsure” or leave this blank.

Something that feels neutral, okay, or supportive

A sensation, a person, a routine, or something in my environment.

One choice I can make for myself next

For example: rest, move, drink water, connect with someone, or do nothing.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A. (2010). In an Unspoken Voice. North Atlantic Books; Psychotherapy Networker, Levine master class (2018).

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