My Gentle Seven-Day Check-In

Small steps that support daily functioning

Progress is not always linear. Notice what helps, without grading yourself or setting a fixed recovery deadline.

TAKE YOUR TIME Aim for one manageable action, not perfection. Repeating a basic need counts as progress.

1. **This week, I would like to feel a little more...**

2. **One manageable practice I can try (sleep, movement, nourishment, connection, rest)...**

3. **On a difficult day, what usually helps even a little?**

4. **Who could I contact if I need extra support?**

5. **An ordinary moment I want to acknowledge is...**

6. **At the end of the week, what did I notice about my needs?**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Cicippio, B. (2022). Rebuild Clients' Healthy Instincts and Restore Their Trust in Themselves after Manipulation. PESI.