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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My Supportive Cues Map

Identify everyday experiences that might support a greater sense of steadiness or comfort.

GENTLE REMINDER

A resource does not need to make you feel completely safe or calm. Choose neutral or mildly pleasant examples; skip anything that does not fit.

A place where I feel relatively at ease

It can be real, familiar, or simply somewhere that feels less demanding.

An everyday sensory detail I enjoy or tolerate

A particular light, texture, smell, music, view, or sound.

A person, animal, or community I can turn to

Include only genuinely supportive contacts.

A routine that helps me feel more present

For example: preparing tea, sitting outside, or stretching gently.

A small reminder I could keep nearby

A word, object, image, or note that feels helpful.

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Noticing Small Changes

An exercise in observing changes rather than judging whether you feel better.

GENTLE REMINDER

Only notice sensations that feel manageable. If body attention is uncomfortable, track what you see or hear outside you instead.

Before I pause: what am I aware of?

A physical sensation, emotion, thought, or something outside me.

My optional pause

I chose to look around / feel my feet / rest / connect / skip.

After I pause: what is different or the same?

No change is a valid observation.

If it changed, how did it change?

More / less / moved / different / unsure.

What did I learn about my preferences?

A preference is more useful than forcing an outcome.

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Boundaries and Everyday Choice

Reflect on your right to make choices about time, contact, attention, and personal space.

GENTLE REMINDER

This is a private reflection, not a suggestion to confront someone. If a boundary could increase danger, plan with a qualified support person first.

A situation where I would like more choice

Keep this general; identifying a person is not necessary.

What I would prefer in that situation

More time, less contact, a break, another setting, or support.

A sentence that feels possible for me

For example: “I need time to think about that.”

How might I recognize when I need a pause?

Notice practical signals, emotions, or changes in attention.

A small, lower-risk boundary I could practice

Only if it is safe and realistically within my control.

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Conceptual reference: Psychotherapy Networker (2018), Levine master class, Part 4 (Jenny); Levine (2010), In an Unspoken Voice.

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After a Difficult Moment

A private planning sheet for everyday support following a stressful experience.

GENTLE REMINDER

You do not need to write what happened. This exercise is about what you need now; avoid it during immediate danger or a medical emergency.

How do I know I might need extra support?

Examples: trouble concentrating, tense muscles, feeling numb, wanting quiet.

Something ordinary I could notice around me

Three objects, a familiar sound, or contact with the floor.

A comfortable option I could try

Move to another room, sip water, rest, step outside, or decline an exercise.

Who or what could help me feel less alone?

A trusted person, helpline, community support, or existing care plan.

What needs attention beyond a worksheet?

For example: practical safety, medical care, or a psychotherapy appointment.

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Thoughts, Feelings, and Facts

Practice noticing a difficult thought without having to argue with it.

GENTLE REMINDER

You do not have to replace a thought with a positive one. The aim is to create a little room for curiosity and choice.

A recurring thought I have noticed

Choose a manageable example rather than your most distressing belief.

I notice I am having the thought that…

Write the thought as a thought, not as a confirmed fact.

What emotion or body response accompanies it?

You can write “I do not know” or leave this blank.

What facts do I actually have right now?

Distinguish direct observations from predictions or interpretations.

What would be a compassionate next step?

For example: a pause, asking for information, or speaking with someone.

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Bring This to Therapy

A between-session reflection sheet to help you discuss preferences, changes, and support needs.

GENTLE REMINDER

You control what you share. Leave identifying details out of any online form. Keep this completed sheet private if it contains personal health information.

A small thing that felt manageable this week

No progress is too small; “nothing comes to mind” is okay.

A moment I noticed a change

This might be a change in attention, comfort, tension, or choice.

A skill or activity that did not feel helpful

This is useful feedback, not a failure.

Something I would like more support with

You do not need to describe traumatic details.

One question I would like to ask in session

A question about symptoms, pacing, boundaries, or coping strategies.

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