

## *Let's Check-in Sis*

Hey Sis, it's time to check-in. What are we checking-in for?—Your heart wounds. So many times your emotions are happening to you and you don't even know what hit you. You are angry, upset, and sad just to name a few, but it's hard to pin point what really is the problem. Here is the thing—your emotions are being ACTIVATED and it is because your brain remembers experiences (I'll just say traumatic experiences) that often are communicated to your body quicker than you have the words to articulate what is going on. Just in a moment, you become uncomfortable and your natural body response to discomfort is to either freeze, fight or flight.

This worksheet is designed to help you to go back to the moment of discomfort and really become vulnerable with yourself. Answer these questions and see what comes up and be sure to take it to your next therapy session to discuss when you are ready.

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*Created by: Stacey B. TheTherapist  
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What happened? The offense? Be detailed:

“I felt some type of way” What was it? What did you feel? (Name the emotions)

Where do you feel it in your body when writing about it now?  
When you felt it in your body...what did you instinctually want to do?

When you react to not feel what is uncomfortable for you—Does it protect you? How does it make you feel? Vindicated? Stronger?

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Now, let's stay in this moment for a little longer? Remember how you felt? Can you tell me what emotions or thoughts come up for you?

Is that a scary feeling for you? If not, scary what other words would you use to describe it?

What is the worst that can happen if you told yourself that you were safe and you don't have to run?

Can you tell yourself that?

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