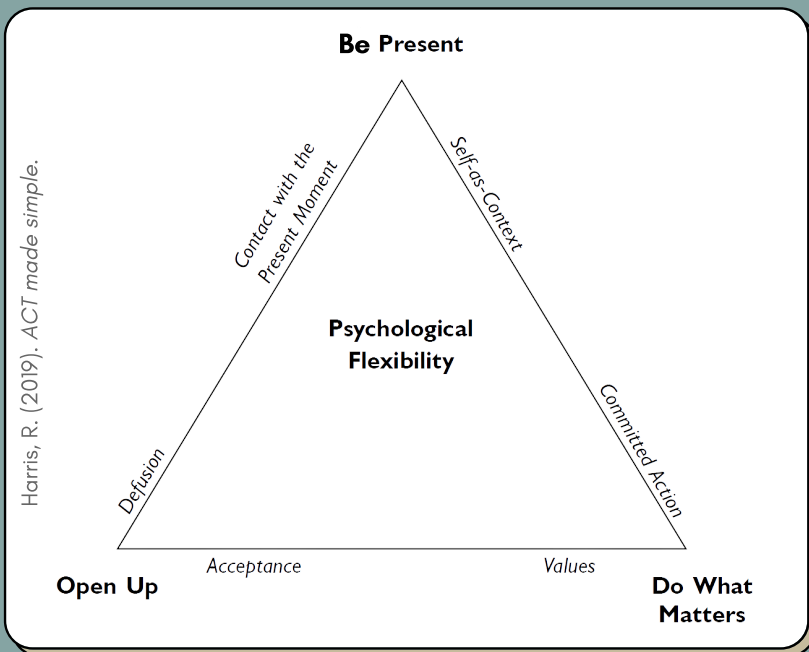


Date:

"AM I FIGHTING?" *check-in*



These are the **6** processes of flexibility, and each one represents a way for me to be more authentic & connected with myself. I can use this check-in at any time to see if I am fighting with any parts of my true Self.

BE PRESENT

Am I thinking about the past/future, or am I tuned in to right now? What are my thoughts, feelings, or sensations?

Am I following rules or habits about how I "should" talk, act, or feel? Can I give myself permission to just be me in this moment?

OPEN UP

Am I getting hooked by thoughts or feelings? If yes, can I take a step back from those things and notice them?

Do I wish that these thoughts or feelings would go away? If yes, can I drop my shield & allow them to be here for the moment?

DO WHAT MATTERS

What are my values? Can I name them right now?

Have I been acting impulsively, avoiding, or feeling stuck? If yes, what things can I do that will bring me closer to my values?



BALDWIN
PSYCHOTHERAPY