

Check-In Worksheet

Review this worksheet as a way to check in with yourself and identify how you're feeling in this moment. Remember that this is a safe space.

1. State your first name and, if you'd like, your pronouns for the group.

2. How are you doing physically? (Are you feeling any tension or pain? Are you feeling relaxed or energized?)

3. How are you doing emotionally? (Feel free to reference the Emotion Wheel in the script to help you identify what you're feeling.)

4. What healing activity have you tried since the last meeting? (Feel free to skip this question if this is your first meeting.)

5. Have you noticed any triggers recently? If so, what tools did you use to manage them? (It's okay if you weren't able to manage them.)

6. In one sentence, share a personal triumph. (This is anything you consider a win: going for a walk, holding a boundary, practicing a breathing exercise, or maybe getting out of bed, etc.)

Example

"I'm Alex. Physically, I have a small headache. Emotionally, I'm feeling accepted. My healing activity was going for a walk every day and I was able to do it. I felt triggered when a person stood too close to me in the grocery store. I took several deep breaths to manage this. My personal triumph from last week was when I asserted my boundaries and told my sister-in-law no."

Purpose Statement

We share our courage, hope, and experiences through this safe community of support. Understanding our trauma and the impact of abuse provides a foundation to strengthen ourselves and apply healing tools. We use the power of this safe community to move forward on our healing journeys and help others find their way. We learn from each other and direct our thoughts and actions towards healing.

Group Guidelines

- ◆ We maintain confidentiality by using only our first names and not sharing what happens during our meetings with anyone; even our families, partners, or significant others.
- ◆ We stay present during group and avoid engaging in other activities.
- ◆ We use appropriate language and don't raise our voices, no matter the emotions.
- ◆ We give support, not advice.
- ◆ We use "I" statements.
- ◆ We share "headlines" and not details of past trauma.
- ◆ We are quiet while someone else speaks and avoid engaging in side conversations.
- ◆ We refrain from advertising, selling, or recruiting on behalf of any business or faith-based organization.
- ◆ We ask everyone to check in, but sharing is always voluntary.
- ◆ We hold ourselves and each other accountable and follow the guidelines of the group.
- ◆ We maintain a safe, predictable meeting by following the script without deviating.
- ◆ We welcome all eligible individuals to our programs regardless of age, race, religion, sexual orientation, background, or ability.

Aspiration Statement

I am directing my thoughts and actions towards healing.