

Acknowledging: A Deep Reflection Guide

Before I get started...

- Do I have enough time after this to let my reflection “absorb in,” or to take care of myself? (about at least an hour)
- Do I have my emergency contacts are within reach or nearby?
- I will stop and take a break if I feel any of the following things:
 1. Shortness of breath, shallowness of breath, feeling out of breath
 2. Suddly feeling a loss of control of self
 3. Urge or feeling to harm myself or someone else

Reflection Tracking

Which reflection is this?

- Initial
- Daily
- Weekly
- Monthly
- Yearly

What type of reflection will I be doing?

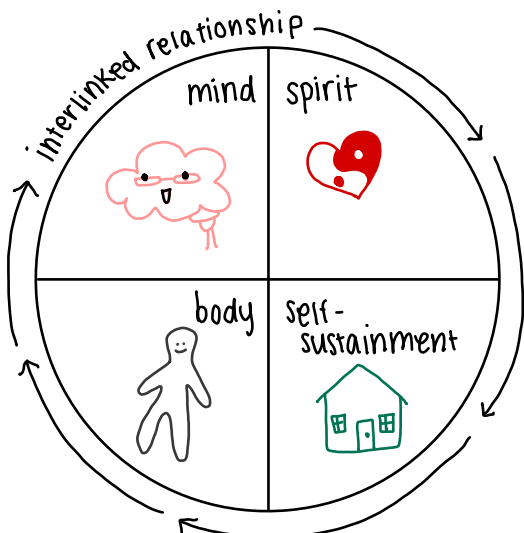
- Full
- Mind
- Spirit
- Self-Sustainment
- Body

Mind *(Governs mental/emotional aspects, houses subconscious and conscious)*

- Does my mind feel like it's racing, or resisting at the thought of reflecting and taking this moment to pause?
- Do I have the mental space to learn and experience life around me (to learn, or to enjoy different experiences)?
- Do I experience intrusive thoughts throughout the day, making it difficult to focus at what I am doing?
- Do I rely on alcohol or drugs to get away from my own mind?
- Am I afraid to succeed?

Spirit *(Non-physical part of a person which is the seat of emotions and character; the soul - Oxford Dictionary)*

- What type of relationship do I have with my emotions?
 - Do I do my best to shove them deep down (suppression)?
 - Is there something that I do to stay away from the rawness of my own emotions?
 - Do I numb out or space out?
- Have I been able to pinpoint how I feel at a given time?
- Am I able to cry freely?
- Have I been angry a lot? Has my anger been a way to protect myself from feeling fear, sadness, or disgust?
- How have I been able to deal with hardship or obstacles?
- Have I been depressed often?
- Is it difficult to get myself motivated for anything?
- Do I feel guilty for taking the time to relax, or to enjoy myself?
- Do I have panic attacks? How often have I had panic attacks?
- Do I have a lot of nightmares?
- Who do I have for support?
- In whom have I been able to have support in?
- What kind of relationships do I have in others?
- Do I feel like I rely too heavily on a single friend or family member?
- Do I feel like I am constantly seeking validation in others (because I can't find it within myself)
- What type of relationship do I have with myself?
 - Do I constantly apologize for taking up space in my thoughts, words, or actions?
 - Do I feel like there's something wrong with me?
 - Do I hold a lot of mistrust and hatred for myself, or for parts of myself?
 - Have I established boundaries for myself before? If I have, what type of boundaries do I have?
 - Do I have a conflicted relationship with my younger self, or my “inner child?”
 - Do I constantly expect perfection from myself and what I do? Do I discount any type of achievement or recognition I receive or earn?



ACKNOWLEDGING: A DEEP REFLECTION GUIDE, CONTINUED

Self-Sustainment *(Basic Necessities for Survival in an Independent Situation)*

- Do I (and my dependents) have a safe and steady home?
- Do I (and my dependents) have a source of income?
- Do I (and my dependents) have a reliable source of transportation?
- Do I (and my dependents) have food security?
- Do I (and my dependents) have a support network or system for when any of the above things are not consistent for me and/or my family?

“Van Der Kolk from *The Body Keeps Score* says that simply being in touch with our bodies allows us to be in touch with ourselves internally. Noticing how we feel helps us to shift our perspective and to see options beyond our automatic and habitual actions.”

The Relentless Project
[The Podcast]
Season 1, Episode 4

Looking for more?

Resources used in this reflection guide (and in the podcast episode):

Bass, E. & Davis, L. (2008). *Changing Patterns: Learning to Live in Your Body. The Courage to Heal, Fourth Edition* (pp. 249-270). HarperCollins Publishers, Inc.

Davis, L. (1990). The effects: How did it change my life? *The Courage to Heal Workbook* (pp. 124-133). HarperCollins Publishers, Inc.

Van Der Kolk, B. (2014). Healing from trauma: Owning yourself. *The Body Keeps Score* (pp. 209-211)

Body

Body Scan

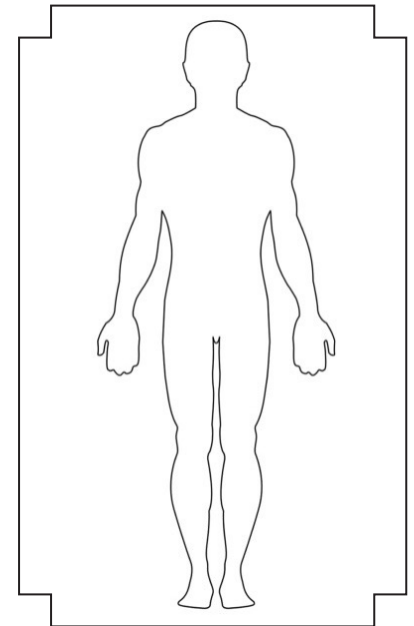
- Which parts of my body did I feel the most tension?
- Which parts of my body did I feel the most numb?
- Which parts of my body do I hold the most emotional pain?
- Which parts of my body do I hold the most physical pain?
- Which parts of my body did I feel myself distance away from?

General questions

- What has it felt like to be in my body in the recent days? What has it felt like to be in my body in the recent months?
- How have I treated my body in the recent days? In the recent weeks? In the recent months?
- What type of relationship do I have with my body?
- Have I been using alcohol or drugs more often than I should?
- Do I move my body enough? What type of movement do I engage in? How does this type of movement make me feel throughout the day?
- Do I get enough sleep?
- Do I drink enough water?
- Do I treat my body with respect?

Sexuality *(Optional, not included in podcast episode)*

- Do I avoid sex? Do I have a desire for sex?
- Do I have a difficult time enjoying sex?
- Do I have sex just to make the other person happy?
- Do I use sex to meet other needs in my life?
- Do I feel like I have too much sex, or do I feel like I don't have enough sex?
- Have I had sex for money? Is this something that I enjoy, or am comfortable with?
- Have I had sex with people who do not respect me or my body?
- Have I been sexually abused as an adult?
- Is control an important aspect when I'm having sex?
- Is it difficult for me to stay present when I am having sex?
- Is it difficult for me to have a sexual experience without remembering my abuse?
- Do I feel aroused when I read or talk about sexual abuse?
- Am I ashamed of my sexuality?



My Body Chart