CHECK IN

peace takes practice

Needs, Feelings, Sensations:

Needs:
- Safety
- Love
- Attention
- Help
- Be Seen
- Be Heard
- Choice
- Love
- Creativity

Feelings:
- Happy
- Sad
- Curious
- Mad
- Silly

Body Sensations:
- Loose
- Tight
- Hot
- Cold
- Achy
- Itchy
- Calm

Check In

My head is __________________________________________

My shoulders are ____________________________________

I am feeling _________________________________________

and I want to have ___________________________________

My belly is __________________________________________

My feet are _________________________________________

I love to ____________________________________________

___________ loves to _________________________________

It makes him/her feel ________________________________

summers-perry.com

based on NVC, the work of Marshall Rosenberg, PhD