

SELF CHECK-IN TOOL

Checking in with yourself regularly is a way to get to know yourself and to **monitor your wellbeing**. The following **questions** can inspire you to **self-reflect** during your Check-In. To help you identify your feelings & needs, we included **lists¹ of feelings and needs**.

- ❖ Am I noticing any **signs of stress or fatigue** in myself (physical, emotions, thoughts, behavior)?
For example:
 - Physical: rapid heart rate, nausea, dizziness, headaches, sleeping problems, tense muscles, ...
 - Emotions: feeling overemotional, increased sadness, feeling overwhelmed, feeling anxiety, hopelessness, ...
 - Thoughts: worrying a lot, intrusive thoughts, self-judging thoughts, decreased concentration, memory impairment, confusion, ..
 - Behavior: change in usual style of communication, increased irritability, less patient, isolation, working more, ...
- ❖ Have I noticed a **decrease in pleasurable activities**? For example: doing less sports, decrease in social activities, reading less,
- ❖ What is my **level of fatigue** from a scale of zero (no fatigue at all) to 10 (completely exhausted)?
- ❖ What is my **level of energy** from a scale of zero (no energy at all) to 10 (full of energy).
- ❖ What has been **energy consuming**? What is taking away energy from me?
- ❖ How long is my usual **working day**?
- ❖ How is my **sleep quality & quantity**?
- ❖ How have I been **feeling** recently? For example: sadness, overwhelm, anger, anxiety, tension, hopeless, joy, gratitude, .. (For more examples, see Feelings list below)
- ❖ What are my most pressing **needs**? For example: control, connection & belonging, physiological needs (rest, food, water,..), meaning & purpose, (For more examples, see Needs list below)
- ❖ **What could I do** to help me meet those needs?
- ❖ What has been giving me **positive energy**?

¹ Inspired by the process of Nonviolent Communication. ©Center for Nonviolent Communication Website: www.cnvc.org Email: cnvc@cnvc.org Phone: +1.505-244-4041

FEELINGS LIST

The following are words we use when we want to express a combination of emotional states and physical sensations. “Negative feelings” can be considered as an indication that some needs are not satisfied. “Positive feelings” we experience when our needs are satisfied.

The following lists of feelings & needs can help you:

- Identify your feelings
- Identify your needs (satisfied and/or unsatisfied)
- Reflect on possible strategies and things you can do to meet your needs.
- This could also help you express your needs to others.

This list is neither exhaustive nor definitive. It is meant as a starting place to support you during your self check-in.

Feelings when your needs are satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
enchanted
entranced
fascinated
interested
intrigued
involved
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
astonished
eager
energetic
enthusiastic
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
enthralled
exuberant
radiant
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings when your needs are not satisfied

AFRAID

frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
worried

ANNOYED

aggravated
dismayed
displeased
exasperated
frustrated
impatient
irritated

ANGRY

enraged
furious
indignant
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
uninterested
withdrawn

DISQUIET

agitated
alarmed
disturbed
perturbed
restless
shocked
startled
surprised
troubled
uncomfortable
uneasy
upset

EMBARRASSED

ashamed
flustered
guilty
self-conscious

FATIGUE

beat
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
despair
disappointed
discouraged
disheartened
gloomy
heavy hearted
hopeless

melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
wistful

NEEDS LIST

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect
self-respect
safety
security
stability
support

to know and be
known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL- BEING

air
food
moving/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation to
matter
understanding