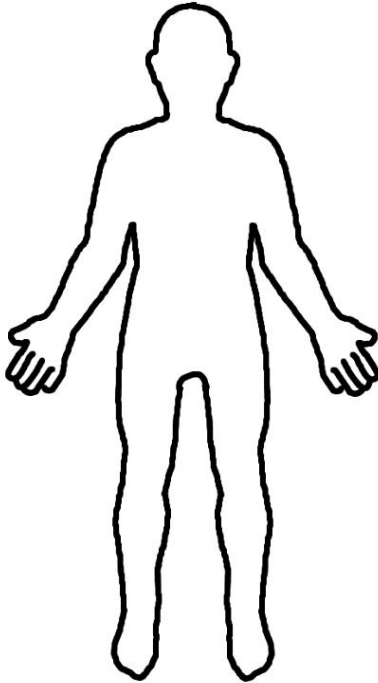


# Body Scan

**Where** do you feel anxiety or stress *most* in your body right now? [Put an X on this body part]



**What sensation** do you feel most strongly right now in that area? Only pick one –the one you feel the most

- tightness
- pressure
- contraction
- restlessness
- shallow breath
- burning
- tension
- clenching
- heat
- other (fill in the blank): \_\_\_\_\_

On a scale of 0-10, 0 being not at all, and 10 being the strongest you've ever felt this, how intense is this sensation right now?

{Circle number on the scale below}

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
not at all most intense ever

**BREATHE IN.....BREATHE OUT..... ten breaths into and out of this body area.**

How do you feel now, compared to when you started? Watch how it changes throughout the day.

Worse -----Same-----A Little Better-----Much Better

\*\*\*\*\*

**In the last 24 hours:**

**What things have you done to strengthen any of the legs of your recovery table?** \_\_\_\_\_

\_\_\_\_\_

**What things have triggered you? What relapse warning signs have you noticed from inside yourself or in the people, places & things around you?** \_\_\_\_\_

\_\_\_\_\_

**Have you used any alcohol or drug?** \_\_\_\_\_ **If yes: what/when/how much/how'd you stop?**

\_\_\_\_\_

# Body Scan

## DAILY INVENTORY:

What have you received in the last 24 hours? \_\_\_\_\_

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What have you given to others in the last 24 hours? Any service to others? \_\_\_\_\_

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**In what ways have you been fearful, resentful, selfish or dishonest?** \_\_\_\_\_

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What amends do you need to make/have you made to yourself or others? \_\_\_\_\_

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**KINDNESS TO YOURSELF: Write out 4 kind or “May I Be \_\_\_” phrases you can say to yourself in this moment. Or write out a few things you are grateful for.**

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What is one word or Phrase you can use to center yourself, to motivate yourself in recovery?

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(example: “patience” or “grateful” or “Just for today”)