

SELF-REFLECTIVE PRACTICE FOR CLIENTS

Self-reflection is a powerful tool for gaining insight and fostering personal growth. This worksheet invites you to explore your emotions, body sensations, and needs. Take some quiet time to connect with yourself and respond to the following prompts honestly and thoughtfully.

1. CONNECTING WITH YOUR BODY:

Take a moment to ground yourself in the present moment.

- ▶ Close your eyes and allow yourself to be present with your breath. Notice the sensation of your breath entering and leaving your body.
- ▶ Scan your body from head to toe, paying attention to any areas of tension, warmth, or coolness.

2. EMOTIONS CHECK-IN:

Reflect on the emotions you are currently experiencing.

- ▶ In the space provided, list any emotions that come to mind. Don't judge them; simply acknowledge what you are feeling.

Emotions:

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3. BODY SENSATIONS AWARENESS:

Explore sensations in your body.

- ▶ Identify any sensations you are aware of in your body. It could be tension, warmth, tingling, or any other physical experience.

Body sensations: _____

4. IDENTIFYING NEEDS:

Reflect on your needs in this moment.

- ▶ What do you need right now? It could be a physical need, emotional support, or a moment of quiet reflection.

What I need: _____

5. UNMET NEEDS REFLECTION:

Consider what your body is calling for that it's not currently receiving.

- ▶ Reflect on any unmet needs or desires your body is expressing. What might your body be asking for that you have not acknowledged?

Unmet needs: _____

6. AFFIRMATION AND SUPPORT:

Consider the support you need from yourself.

- ▶ What do you need to hear right now to support yourself and your well-being?

What I need to hear:

7. LISTENING TO YOUR BODY WISDOM:

Imagine fully listening to the wisdom in your body.

- ▶ If you fully listened to the wisdom in your body, what would you do differently this week? Consider actions aligned with your values and well-being.

What I would do differently:

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This reflective practice is a valuable tool for self-awareness and self-care. Take the insights gained from this practice into your week, honoring your emotions, sensations, and needs.