

LOVESAIID

FRAUD CENTRE & THINK TANK

CHECK IN

With Yourself

HOW AM I FEELING IN MY BODY
RIGHT NOW—TENSE, CALM, TIRED,
OR SOMETHING ELSE?

AM I BEING KIND TO MYSELF
TODAY, OR AM I HOLDING MYSELF
TO UNREALISTIC EXPECTATIONS?

DO I FEEL EMOTIONALLY SAFE RIGHT
NOW—IN MY SPACE, MY ACQUAINTANCES,
AND MY THOUGHTS?

HAVE I TAKEN EVEN A SMALL MOMENT
TODAY JUST FOR ME—TO BREATHE, REST,
OR FEEL JOY?

AM I ISOLATING MYSELF OR REACHING
OUT WHEN I NEED SUPPORT?



WHAT CAN I *Control?*



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GROUNDING

Techniques

5 ACKNOWLEDGE FIVE THINGS
YOU CAN *SEE*

4 ACKNOWLEDGE FOUR
THINGS YOU CAN *TOUCH*

3 ACKNOWLEDGE THREE
THINGS YOU CAN *HEAR*

2 ACKNOWLEDGE TWO THINGS
YOU CAN *SMELL*

1 ACKNOWLEDGE ONE THING
YOU CAN *TASTE*



ANXIETY

Coping Statements

I AM SAFE IN THIS MOMENT, EVEN IF MY
BODY FEELS OTHERWISE

THIS FEELING IS TEMPORARY—I HAVE FELT THIS
BEFORE, AND I MADE IT THROUGH

IT'S OKAY TO SLOW DOWN. I DON'T HAVE TO
FIX EVERYTHING RIGHT NOW

WHAT HAPPENED TO ME WAS NOT MY FAULT. I AM
ALLOWED TO HEAL

I AM DOING THE BEST I CAN WITH
WHAT I KNOW RIGHT NOW.

MY BREATH IS AN ANCHOR, I CAN COME
BACK TO IT ANYTIME.

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HELPING

Anxiety

Exercise or
go for
a walk.

Listen
to
Music, calming
or up beat.

Use Your Senses
to Ground
Yourself.

Light a candle
and do some
breathing
exercises.

Dance it out to
your favourite
song.

Write It Out,
use a journal
or memory
notes.

Stretch or
Do Gentle
Movement.

Drink a Warm
Beverage, like
tea or hot
chocolate.

WORTHY

Affirmations

WHAT HAPPENED TO ME WAS MANIPULATION,
NOT A REFLECTION OF MY WORTH.

I AM ALLOWED TO FEEL PAIN AND STILL
DESERVE LOVE, RESPECT, AND HEALING.

I WAS TARGETED BECAUSE OF MY
STRENGTHS, NOT MY WEAKNESSES.

EVERY STEP I TAKE TOWARD HEALING
IS A POWERFUL ACT OF SELF-WORTH.

I AM NOT FOOLISH—I AM HUMAN.
AND I AM HEALING.

THEIR LIES DO NOT DEFINE MY TRUTH
OR MY FUTURE.

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