

Pillar Check-In

A whole-system self-scan using the B.C.A.L.M. method.

When this might help:

- You feel off and can't tell where to start
- You want a whole-system scan before choosing a tool

The practice:

- Begin: Am I aware of my state?
- Cognition: What story is looping?
- Action: What's my impulse?
- Loop: What needs returning to?
- Meaningful Support: Do I need a witness?

Gentle fallback: The first question is enough on its own. Awareness of your state is the practice.