

## State Awareness Check-In

*A short pause to notice where you are before you decide what to do. This is the tool that makes every other tool work better, because most regulation failures are actually awareness failures.*

### When this might help:

- You're starting your day and want to set a baseline
- Something feels off but you can't name it yet
- You're about to react and want a moment first

### The practice:

Ask yourself four short questions. Don't try to fix anything. Just notice.

- *What's happening in my body right now?* (tight, soft, heavy, light, numb, alert)
- *What state am I in?* (activated, shut down, mixed, regulated)
- *What's the loudest thought?* (write one sentence)
- *What's one thing that would help, even slightly?*

If you can answer these in thirty seconds, you've already changed your relationship to the moment. Awareness is the doorway. You don't have to walk through it. You just have to know it's there.