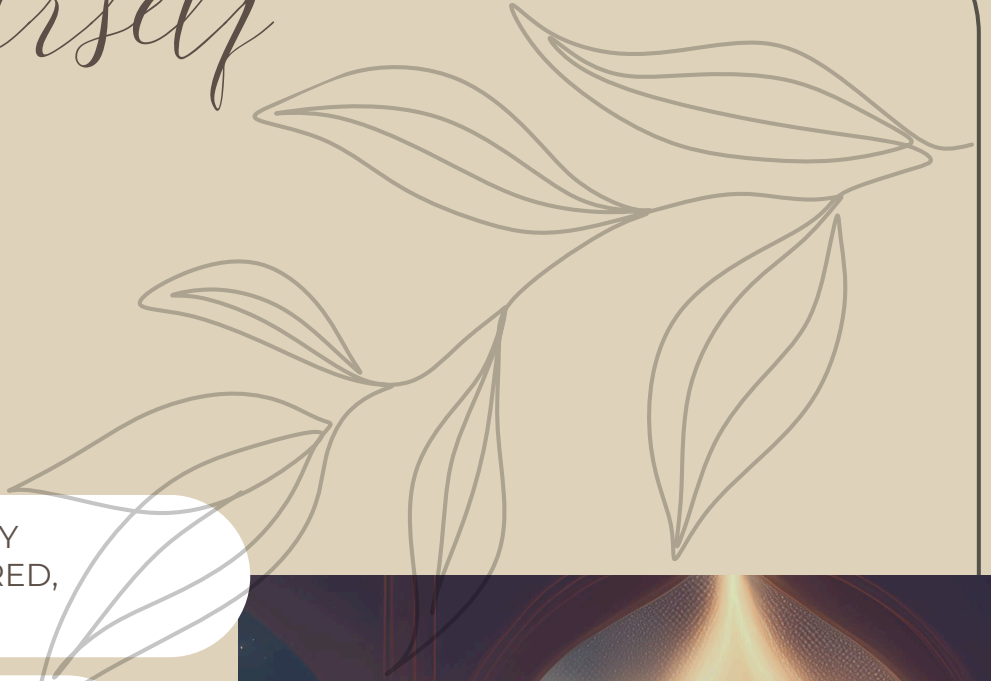


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# CHECK IN

## *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.

Light a candle  
and do some  
breathing  
exercises.

Listen  
to  
Music, calming  
or up beat.

Use Your Senses  
to Ground  
Yourself.

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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