## **Check Yourself**

Take a moment to ask yourself the following questions:

	Activity	Activity	On your own
What is my body telling me?			
What am I feeling right now?			
What am I thinking right now?			
What do I want to do right now?			
What can I do right now?			

Adapted from Blaustein & Kinniburgh (2010). Treating Traumatic Stress in Children and Adolescents: How to foster resilience through attachment, self regulation and competency.