


Morning check-in

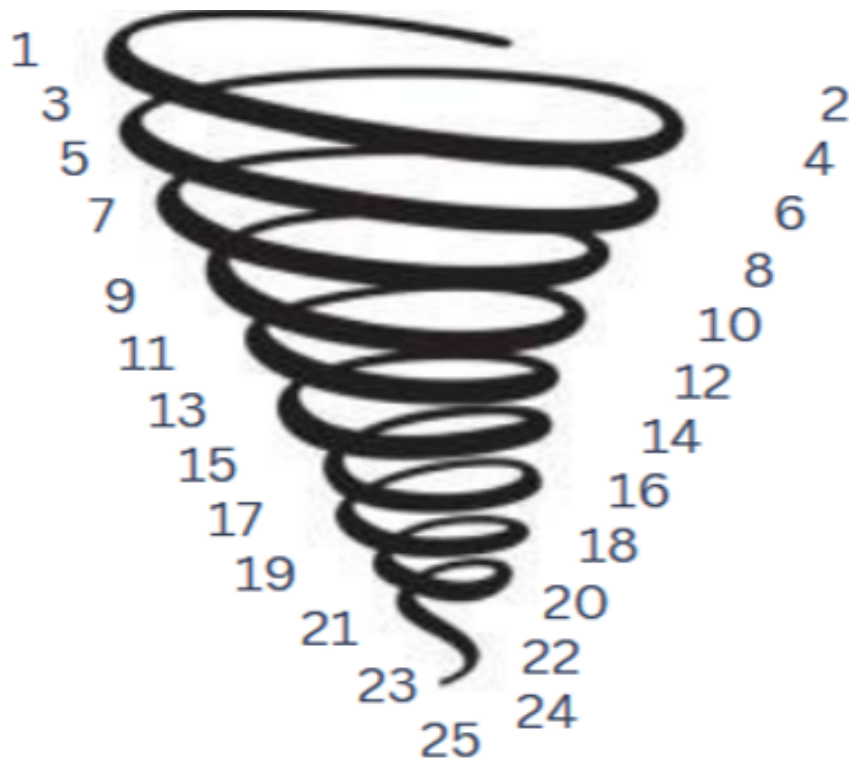
Put a  next to each statement that you feel is currently true.
Be as honest with yourself as you can.

- ☐ I have immeasurable worth.
- ☐ I am lovable.
- ☐ I bring value to the world.
- ☐ God created me for a reason and purpose.
- ☐ I am enough, just as I am.
- ☐ I am capable of anything God calls me to.
- ☐ My self worth is not in other people but in God.
- ☐ My self worth is not dependent on my circumstances.
- ☐ How other people view me does not change the way I view myself.
- ☐ I am important.
- ☐ I am perfectly made.
- ☐ I have all that need.
- ☐ I am constantly growing everyday.
- ☐ I am rejecting Satans lies when they come at me like flaming arrows.
- ☐ I am not a quitter.
- ☐ Others are blessed to be my friend.
- ☐ I am a good person.
- ☐ I am healing.
- ☐ I matter. My feelings matter and my voice matters.
- ☐ I can protect myself when needed.
- ☐ My life is full of potential.
- ☐ I deserve the same as everybody else.
- ☐ God is doing a good work in me.
- ☐ Nothing can stop the love God has for me. I His most prized possession.
- ☐ I love me.

Count up your  and find your number on the line graph below.



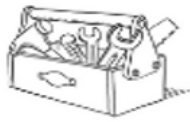
Find your number from your score on page 1 to see where you are in the spiral.



Recognizing when you are starting to spiral is key to stopping it from getting out of control.

Checking in daily to see where you are at on the spiral chart will help you combat the spiral with the tools that work for you to keep you from spiraling further or to bring you back out of the spiral.

Toolbox



Visualization	<p>Your state of being is either defined by visions of the future or the memories of the past. You get to decide. There are several guided visualizations on youtube that can get you thinking ahead about who you want to be, how you want to feel, and what you want to be doing. Don't allow the past to dictate how you feel today. The future has so much good to offer if you allow yourself to dream and prepare for it. If you are stuck in the past then those past feelings will never change.</p> <p>Stop Suffering in Silence has some guided visualizations, as well, on our youtube page that are great ways to get your mind back to focusing on the things that matter most.</p>
Gratitude	<p>In an effort to stay ahead of the spiral it is always good to practice daily gratitude for specific things that went well TODAY. But it's also important to pull out as much gratitude from the day when you are starting to recognize a spiral. God literally created us to live in gratefulness for all that He has done for us.</p> <p>Gratitude needs to be a huge part of our lives and will always lead to a healthier mind, body, and soul.</p>
Exercise	<p>Doing something physical that creates blood flow and quicker breathing will release dopamine and other positive chemicals that allow you to feel better. You will also feel better about yourself for choosing to move instead of lay in bed.</p> <p>Don't overwork your body in an effort to self harm yourself, but move for your body, mind, and soul's sake.</p>
Communicate	<p>When you start to recognize a spiral or old beliefs and thought processes, it's very important to not isolate but reach out to those who understand. You are not communicating in order for others to pull you out of the spiral, but simply to let them know where your headspace is. This gives them a heads-up to check in a bit more often, to show grace, to pass along some encouragement and support, but the ONLY person who can pull you out of a spiral is YOU. Don't depend on someone else to do that for you. If you do, you will often be disappointed and find yourself spiraling further believing that no one cares about you. People care a lot, but they have a lot on their plate, a lot of responsibilities themselves, and they cannot drop everything to pull you out of a spiral each time. Plus it would lead to a dependence on them that is not healthy. Take heart and feel encouraged that the power to pull you out is all within you and you are more than capable.</p>
Sing/Speak/Yell	<p>God is literally the breath in our lungs. When we begin to sing worship songs at the top of our lungs, or start speaking truth as loud as we can, or even yelling unrecognizable words, you are breathing in God and breathing out the lies, anxiety, and fears. There is power in your words as you speak away or sing away anything that is not from God.</p>
Bible / Prayer	<p>Sometimes when we are further down in our spiral reading our bible or praying feels extra hard. Remember God hears you even when you can't find the words. Sometimes this is better used as a tool to do daily to keep your head out of a spiral, but I also recommend it for when you are in a spiral because even though it can feel hard, it's still powerful and inspiring. It's truth and truth will always set you free.</p>