

EXAMPLE

 depression2extinction  
Check-in

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Anger 1 (2) 3 4 5 6 7 8 9 10

Room to go further if you'd like: I'm feeling some anger at myself right now

Fear 1 2 3 (4) 5 6 7 8 9 10

Room to go further if you'd like: I have fear around what to do next in my life

Worry 1 (2) 3 4 5 6 7 8 9 10

Room to go further if you'd like: I feel very little anxiety at this time

Pain 1 2 3 4 5 (6) 7 8 9 10

Room to go further if you'd like: I feel emotional pain around the state of our country

Joy 1 2 3 4 5 6 7 (8) 9 10

Room to go further if you'd like: I feel joy for the people in my life and blessings that follow

Passion 1 2 3 4 5 6 7 8 (9) 10

Room to go further if you'd like: I feel tremendous passion for my job

Love 1 2 3 4 5 6 7 8 (9) 10

Room to go further if you'd like: In this moment I'm feeling good love for myself

Gratitude 1 2 3 4 5 6 7 (8) 9 10

Room to go further if you'd like: In this moment I'm grateful for breaking down my barriers

Shame 1 2 (3) 4 5 6 7 8 9 10

Room to go further if you'd like: I feel shame around my insecurity to connect with new people

Guilt 1 (2) 3 4 5 6 7 8 9 10

Room to go further if you'd like: My guilt is low in this moment

Is there anything else you'd like to share?

I am simply grateful and feeling excitement for this new day. I also feel some curiosity for what the future holds. Which, in turn, gives me some confusion as well.

Affirmation Statement:

*I am....*

I am living my best life!

*For more visit:* [www.depression2extinction.org](http://www.depression2extinction.org)