



depression2extinction  
Check-in

**Anger** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Fear** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Worry** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Pain** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Joy** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Passion** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Love** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Gratitude** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Shame** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

**Guilt** 1 2 3 4 5 6 7 8 9 10

Room to go further if you'd like:

Is there anything else you'd like to share?

**Affirmation Statement:**

*I am....*

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