

# Me To Me

**A brief guide to self-connection**



**Created by Interior Gardening, 2022**

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Date \_\_\_\_\_

# Me To Me

Practice reflecting on the below prompts regularly to build a stronger connection with different parts of your Self! Self-connection can be a way of feeling centered as you navigate life and decisions in meaningful ways. Use the resources provided in the next few pages to help you name your experiences, or come up with your own ways of expression!



## Feelings

What feelings stand out in your inner world today?

## Needs & Values

What needs or values would you like to focus on today when making decisions?

## Body

Let's do a quick check in with your body! What part of your body or what sensation in the body is calling for your attention today?

## Plans

What's something you're looking forward to experiencing today? It can be big or small.

## Future You

Leave a supportive msg here for your future self to come back to and read.

# Feeling Words

Feelings can be so distinct and still so ambiguous! We get that. Here are some ways in which you can name your emotions. Why does that matter you ask? Naming our experiences often empowers us to know what and how we can manage them & support ourselves. Try it out!



## Connective Emotions

- Caring Connection - helpful, secure, attentive, considerate, friendly, kind, understanding, giving, supportive, connected, tender, loving, nurturing
- Playful Connection - relaxed, glad, light-hearted, amused, cheerful, silly, happy, optimistic, alive, delighted, spontaneous, imaginative, joyful, energized, excited, lively, elated, ecstatic
- Sexual Connection - Flirtatious, affectionate, tender, cuddly, frisky, romantic, turned on, amorous, full of desire, aroused, stimulated, passionate,

## Engaging with Creation

Curious, inquisitive, motivated, engaged, constructive, productive, creative, eager, bold, artistic, confident, fascinated, focused, determined, inspired, inventive, ambitious, absorbed

## Protective Emotions

- Anger - annoyed, agitated, fed up, frustrated, irritated, mad, resentful, disgusted, outraged, raging, furious, seething, bitter
- Fear - uneasy, tense, nervous, insecure, worried, afraid, threatened, frightened, intimidated, fearful, anxious, panicky, shaky, terrified
- Panic - flummoxed, mixed up, unsure, uncomfortable, troubled, perplexed, disoriented, shocked, stuck, lost, trapped, helpless, frozen, paralyzed

## Weakened/ Physical Fatigue

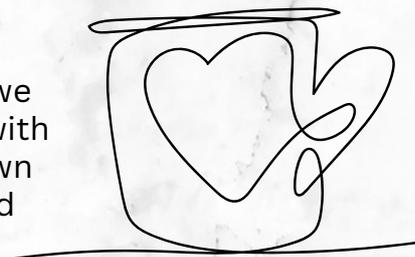
Thirsty, hungry, tired, run-down, worn out, sore, powerless, shaky, sick, unwell, frail, exhausted, drained, stressed, fragile, vulnerable, defenseless, discouraged, helpless, overwhelmed.

## Sadness

Disappointed, low, down, gloomy, disturbed, unhappy, awful, distressed, hopeless, miserable, heartbroken, depressed, terrible, crushed, devastated

# Needs & Values

Our needs and values inform our choices a lot more than we realize! Being aware of them can help us be more in tune with what's really going on. Here are some words to narrow down on what needs or values are feeling important or neglected for you in the moment.



## Survival & Protection

- Survival - Sustenance, Stimulation, Creativity, Nurturance, Movement, Shelter, Touch
- Protection - Security, Safety, Consideration, Justice, Respect

## Meaning & Empathy

- Meaning - Purpose, Contribution, Competence, Integrity, Discovery
- Empathy - Understanding, Love, Acceptance, Affection, Compassion

## Regeneration & Transcendence

- Regeneration - Celebration, Mourning, Play, Rest, Ease, Humour
- Transcendence - Inspiration, Evolution, Growth, Duty, Harmony, Flow, Space

## Wellbeing & Honesty

- Wellbeing - Peace of mind, Healing, Balance, Trust, Sexual Expression
- Honesty - Authenticity, Self Expression, Clarity, Self connection, Learning

## Autonomy & Interdependence

- Autonomy - Freedom, Choice, Focus, Empowerment, Power with
- Interdependence - Cooperation, Community, Inclusion, Mutuality, Support, Connection

# Body Talk



Our bodies are more than just vehicles for our minds! They communicate with us primarily through sensations and felt experiences. Here are some sensations/ postures/ expressions that often come along with feelings. Remember that you may also have ways of naming bodily sensations that are unique to your language or culture. Use them!

## Sadness

Looking down, empty, curling up, slouching, crying, body aches, tiredness, hollow feeling, slow, heaviness, weakness

## Anger

Lip trembling, hot face/ears, scowl, turning away, loud words, flushed, racing, clenching, clenched jaw, headache, numbness, gut-turning, ears ringing

## Disgust

Shuddering, writhing, need to move, face scrunched, nausea, lump in the throat, queasy, turning away, face scrunched, scowling

## Happiness

Open, energetic, awake, standing tall, soft, calm, jaw relaxed, steady, relaxed, still, warm, light, buzzing, shoulders at ease

## Fear

Tender, unsteady, cold, tense, frozen, quiet, racing heartbeat, foot tapping, fidgety, numb hands, trembling, breathing fast, stomach tumbling