

# PRE-SESSION REFLECTION

## **Setting Intention & Creating Safety**

*You do not need to answer every question. Let your body guide what feels relevant today.*

### **1. Arriving in the Present Moment**

- How does your body feel right now, in this moment?
- Where do you notice tension, holding, or bracing?
- Where, if anywhere, do you feel even a small sense of support or steadiness?

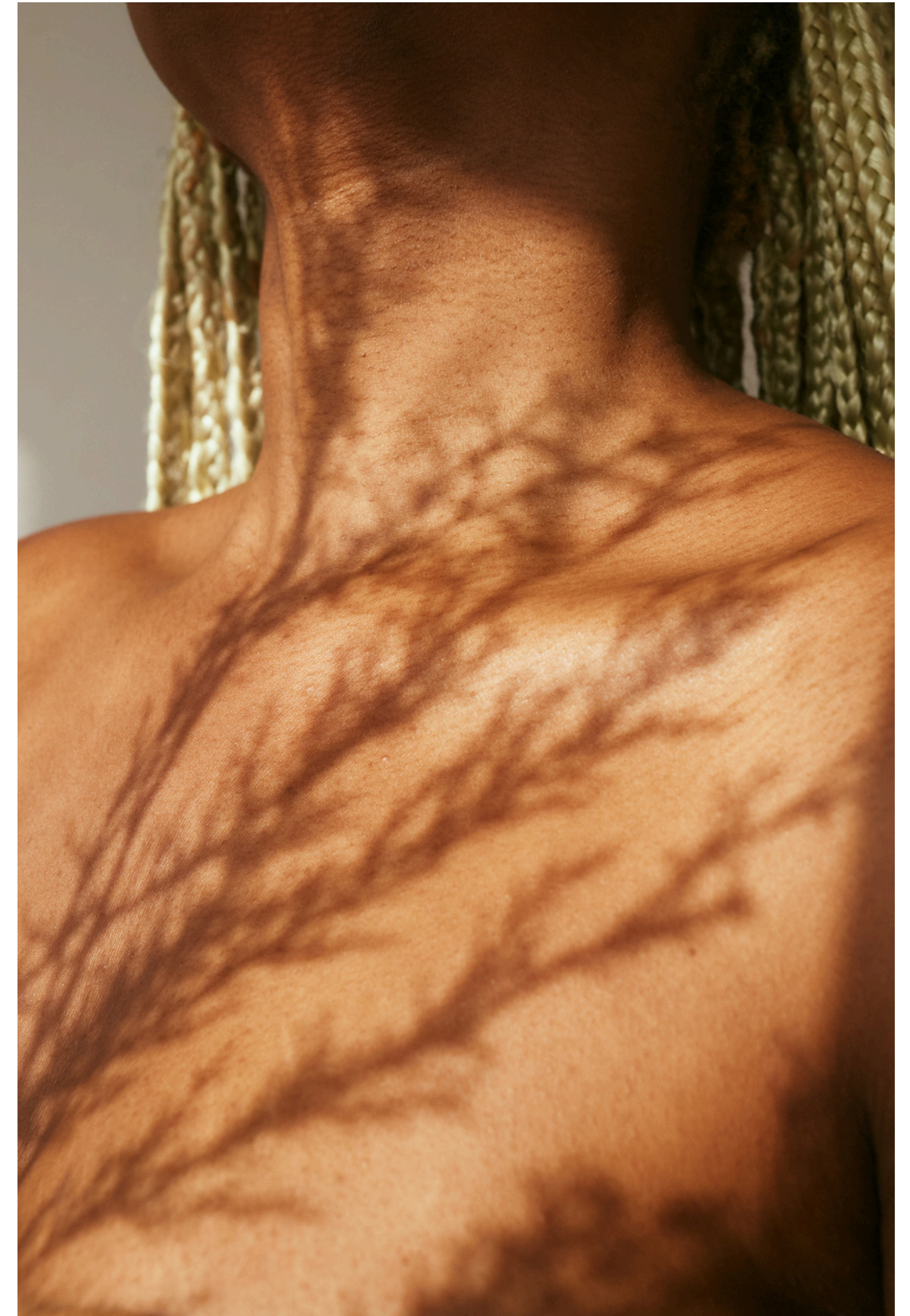
### **2. Intention for This Session**

- If your body could receive one thing from this session, what would it be?
  - (Examples: safety, relief, movement, space, grounding, empowerment)
- Is there anything you want to remind yourself of as you begin?
- Are there any boundaries, needs, or preferences you want to honour today?

### **3. Closing Intention**

Complete the sentence:

“In this session, I am open to...”



# POST-SESSION REFLECTION

## **Integration, Meaning & Moving Forward**

*This reflection is about noticing — not evaluating. There are no right answers.*

### **1. Noticing What Shifted**

- What sensations are present in your body now?
- What feels different compared to before the session — even subtly?
- What feels more available, softer, or clearer?

### **2. Emotional & Mental Integration**

- What emotions moved through or settled during the session?
- Did anything feel released, named, or acknowledged?
- Are there thoughts or stories that feel quieter or less gripping?
- What felt supportive or empowering about this experience?

### **3. Taking This With You**

- What do you want to remember from this session?
- What tool, sensation, or phrase feels most helpful to carry forward?
- When stress arises again, what is one gentle way you can support yourself?

