**Self Support In All 5 Life Areas**

**Take time to reflect & write on each of the following 5 areas with compassion and curiosity.**

**Physically:**Feel safe and secure with yourself. Have adequate & consistent food, clothes, shelter. Adequate sleep/rest, movement. Receive adequate or enough affection/touch from others.

-As a child, did you see/hear your mom show up for herself in this area?
-As a child, did you see/hear your dad show up for himself in this area?
-Did your mom show up for you in this area?
-Did your dad show up for you in this area?
-How do you believe this has affected you showing up for you as an adult?
-Do you currently show up for yourself in this area? How?
-How will you show up more for yourself in this area moving forward?

**Emotionally:**Feel like your emotions are important/valid. Show up for yourself emotionally. Express your emotions to others. Have supportive by family or friends who hear & accept you.

-As a child, did you see/hear your mom express her emotions? Which ones?
-Which ones did your mom stuff? How?
-As a child, did you see/hear your dad express his emotions? Which ones?
-Which ones did your dad stuff? How?
-Did your mom show up for you in this area?
-Did your dad show up for you in this area?
-How do you believe this has affected you showing up for you as an adult?
-Do you currently show up for yourself in this area? How?
-How will you show up more for yourself in this area moving forward?

 **Mentally:**
Opportunities and activities to grow, learn, try new, and “play”. Have a like-minded community/friends.

-As a child, did you see/hear your mom show up for herself in this area?
-As a child, did you see/hear your dad show up for himself in this area?
-Did your mom show up for you in this area?
-Did your dad show up for you in this area?
-How do you believe this has affected you showing up for you as an adult?
-Do you currently show up for yourself in this area? How?
-How will you show up more for yourself in this area moving forward?

**Spiritually:**
Believe in and trust Something Bigger. Punishing or loving/compassionate, Black/white or flex Something Bigger. Had to follow what family believed or safe to explore your own spiritual path.

-As a child, did you see/hear your mom show up for herself in this area?
-As a child, did you see/hear your dad show up for himself in this area?
-Did your mom show up for you in this area?
-Did your dad show up for you in this area?
-How do you believe this has affected you showing up for you as an adult?
-Do you currently show up for yourself in this area? How?
-How will you show up more for yourself in this area moving forward?

**Financially:**Material needs met. Able to provide for self or depend on others to do so

-As a child, did you see/hear your mom show up for herself in this area?
-As a child, did you see/hear your dad show up for himself in this area?
-Did your mom show up for you in this area?
-Did your dad show up for you in this area?
-An agreement that dad (or mom) would work while the other raised the children? Did that
 parent get a job after children grown?
-How do you believe this has affected you showing up for you as an adult?
-Do you currently show up for yourself in this area? How?
-How will you show up more for yourself in this area moving forward?