MATTER OVER MIND · CHAPTER 11 WORKSHEET

DATE

The Five Checkpoints, Again

Part 1: Then and now. Copy what you wrote before Chapter 1 into the "Then" column, in the same words. If you didn't write anything, use your best recollection.

Checkpoint	Then (what I wrote before Chapter 1)	Now	What changed	What still needs work	Chapter to revisit
Headspace: are my emotions manageable, or do they hijack my day?					
Body: tension, energy, sleep					
Space: do my home, work, and phone help me reset?					
People: do I have people I can actually talk to?					
Habits: am I leaning on things that help me recover, or just escape?					

Part 2: The signs. Circle what's true, even a little.

- ☐ Less reactive
- ☐ Coming back faster
- ☐ Something I love has a place at home
- ☐ I said one thing I'd usually hold back
- ☐ More room before I respond
- ☐ Resting without earning it
- ☐ I brought something home from a screen
- ☐ Hiding less

One moment this month when I had room to choose:

What someone close to me has noticed:

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Part 3: My day.

Part of the day	My habit (3 minutes or less)
Start of the day	
During the day	
End of the day	
My bad-day floor: one breath, one body thing, one person	

Part 4: Track without judgment. Each night: What did I try today? How did I feel before and after? What helped, and what felt like too much?

Retake this scan every three months. Keep the old ones.

When It's More Than a Book If you've worked through this book and your scan has barely moved, bring that to a therapist. One can help you find what's underneath faster than you'll find it alone, and one trained in body-based (somatic) work will feel familiar after this book.