

Checking Your Pulse Again

Notice how often you check your body, and what checking actually does for you.

WHEN TO USE THIS

Use this if you find yourself taking your pulse or scanning for signs all day.

Keep track for two days. Note each time you checked and what happened after.

TIME	WHAT I CHECKED	CALMER AFTER?

Across those two days, how much calmer did checking leave you?

0

1

2

3

4

5

6

7

8

9

10

Not at all

A lot calmer

What are you hoping to find out when you check?

Pick one time of day to skip the check. Which one, and what will you do instead?

Checking promises relief and hands back doubt. You are allowed to test that yourself.