

Some Questions to Explore

Did you witness Self-Care growing up?

Did you observe either of your caregivers intentionally and actively taking care of themselves and embrace their responsibility for their wellness?

What is your understanding of Self-Care?

Were you allowed to say NO to your caregivers?

Were you allowed to decline a responsibility or chore?

Were you listened to when you wanted to say NO?

Were you validated and allowed to have opposing thoughts and feelings from those of your caregivers?

**Questions To Ask Yourself/Selves
Regarding How You(s) Would Like Your Self-
Care To Look Like Moving Forward:**

What do You(s) want your self/System
Care to look like?

Can You(s) grant yourselves the RIGHT and
the Opportunity to practice
Daily Self/system care?

Do I accept My/Our Responsibility to
care for myself/My System?

Note Regarding Pronouns:

I intentionally use the pronoun
YOU on the first slide.

It is my understanding that we have a self,
an I/Me,

but may develop
into SELVES/A SYSTEM

as a result of the need for survival.

For our survival, we may have needed to
dissociate, fragment, compartmentalize, split off
from I/ME

in order to survive our environment, our
circumstances, and in making efforts to meet our
own needs or have our needs met the best they
could be, if at all.