

# Connection Check Tool

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## Purpose

Connection doesn't have to be evaluated perfectly.  
This tool helps you notice how interactions land—without judgment or pressure.

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## Right Now Check-In

Pause for a moment.

A recent interaction I'm thinking about is:

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## Notice the After-Effect

Without analyzing, notice how your body felt afterward.

After this interaction, I felt more:

- ☐ Supported
  - ☐ Drained
  - ☐ Neutral
  - ☐ Confused
  - ☐ A mix of these
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## Honor the Information

There's nothing to fix here.

Choose what fits today:

- ☐ My body's response is valid
  - ☐ I don't need to label this connection as "good" or "bad"
  - ☐ I can trust what I noticed
  - ☐ Awareness alone is enough for now
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## Carry-Forward Support

One gentle way I can care for myself as I move forward is:

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## Reflection

Connection leaves information behind. Noticing it builds clarity over time. The bridge holds as you carry forward.

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