

# Assess Your Relaxation Habits

*The cycle of vitality is a cycle of inward and outward movement. Write down the ways you relax and then consider whether they are rejuvenating or escaping. Circle the responses and then follow the reflection questions!*

## Ways I Relax...

## What I get from it...

|              |          |      |
|--------------|----------|------|
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |
| Rejuvenation | Escapism | Both |



## REFLECTION

- What emotions arise when you look at the ways you relax?
- What do you notice about them being rejuvenating or escapism?
- What do you want to get from relaxing?
- What are the ways that will give you what you want?
- What might you need to request of others?
- Be gentle and compassionate with yourself. What would you like to say to or ask of yourself?

