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# CAMPAIGN BOOTCAMP

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## Checking in

You will have noticed that each week we use a 'check in' of some kind to help 'build the container' for the session. It can also be useful to do a more personal check in with your campaign members too, or with a buddy pair if you are using them.

Rather than just asking someone 'How are you', as we are conditioned to respond to this with a 'fine' answer, this helps you spend a bit more time thinking about how you really are in a given moment, and to be able to share what's going on with your family, friends and campaign group. It's also a way to connect with another person in a real way.

## Number, Emotion, Sensation, Thought, Resources - NESTR

**N = Number** from 1 (super available/not activated) - 10 (totally unavailable/activated)

**E = Emotion** (what emotion is most present? anger, sadness, joy, agitation?)

**S = Sensation** (what are you aware of happening in your body? where?)

**T = Thoughts** (what's on your mind, or where is your attention?)

**R = Resource** (where can you connect to your body to be present - breath, feet, bum)

You can also use this tool with yourself, to check in with how you are feeling in the moment.

And sometimes it can be hard to truly name our feelings and emotions, and this feelings wheel can help you pick out feelings that feel most relevant

[Feelings Wheel](#)