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| Areas of strength, ease, and flow in your SP practice |  | |
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| Areas where you feel a desire or need to go deeper |  | |
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| Areas where you get stuck, hooked, feel uncertain or wish to grow your confidence |  | |
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| Areas of confusion, areas where you sometimes feel lost, aspects of SP practice/method that you avoid |  | |
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| Somatic Considerations – growing edges in these domains. What’s working and what needs tending | ANS Modulation/Somatic Resources | |
| Orienting/Defensive Responses/Sequencing/RAD | |
| Attachment/Developmental/Relational | |
|  | | |
| SP skills/approach | What is a growing edge that feels particularly important to you? | |
| How are the foundational skills and phases of the process for you? | |
| How are doing with working with the body? | |
| How is your relationship with the principles? | |
| What modalities are you synthesizing SP with, and how is that going for you? | |
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| Any additional specific questions, comments, concerns, areas for discussion | |  |