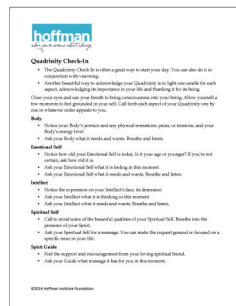




## Quote



## Quadrinity Check In



## Feelings List



Download The PDFs

<https://www.hoffmaninstitute.org/wp-content/uploads/Practices-QuadrinityCheckIn.pdf>

<https://www.hoffmaninstitute.org/wp-content/uploads/Practices-FeelingsSensations.pdf>

## Mentioned In The Video

- The Hoffman Process | The Hoffman Institute Foundation: <https://www.hoffmaninstitute.org>
- *Unlocking Us* podcast with Brené Brown <https://brenebrown.com/podcast/introducing-unlocking-us/>
- Kristin Neff, Ph.D: <https://self-compassion.org>
- Dr. Harriet Lerner's Books: <https://www.harrietlerner.com>