

The Belonging Check

A practice for noticing where you can be present without performing.



Belonging is not always where you are most included.

Sometimes it is where your body works least hard.

Where silence is allowed.

Where your no survives.

Where your laughter sounds like your own.

Before You Begin

Think of one relationship, room, group, or place.

This practice is not about judging people as good or bad.

It is about noticing fit.



Notice the Body Before

How does your body feel before entering?

Open.

Tight.

Braced.

Eager.

Heavy.

Let anticipation offer information.

My body notices belonging.



Notice Who You Become

Do you become louder, smaller, useful, agreeable, guarded, or free?

Notice the role without blaming yourself.

I can see who the room asks me to be.



Choose the Right Distance

Decide what level of closeness fits.

More time.

Less time.

A boundary.

A different setting.

Belonging can include distance.

I can choose where and how I belong.



Carry It with You

Not every place must become home.

Some places are for brief visits.

Use this when a relationship or room leaves you confused about why you feel depleted.

Notice before.

Notice who you become.

Choose the distance.