✨ Nightly Inventory ✨

10th Step · Evening Edition

Date: _____ Mon ◯ Tue ◯ Wed ◯ Thu ◯ Fri ◯ Sat ◯ Sun ◯

"The day is complete. I return to myself — honest, open, and at peace."

🌙 Evening Routine Check-In

Tending to my body & space

- ☐ Ate a nourishing dinner or evening meal
- ☐ Completed skincare / bedtime hygiene routine
- ☐ Phone on Do Not Disturb / screens winding down
- ☐ Reviewed tomorrow's schedule or set intentions
- ☐ Identified one thing I'm looking forward to tomorrow
- ☐ Took evening medications as prescribed
- ☐ Tidied my space or cleared clutter from the day
- ☐ Charged devices and set them aside
- ☐ Laid out tomorrow's essentials (outfit, bag, etc.)
- ☐ Connected with a safe person today (call, text, meeting)

Notes: *Anything else about tonight's routine...*

💜 Today's 10th Step Inventory

Honest reflection · Not self-punishment

"This is a tool for growth, not shame. Be thorough, not harsh."

✦ WHERE I SHOWED UP

Today I showed up for myself by...

Today I showed up for others by...

A moment I'm proud of today was...

✦ WHERE I FELL SHORT

Was I dishonest with anyone today (including myself)? If so, with whom and how?

Did I act out of fear, resentment, people-pleasing, or old patterns? Describe:

Did I harm anyone — emotionally, relationally, or otherwise?

Do I owe an amend or a conversation? Who and what action will I take?

✦ PATTERNS TO NOTICE

What triggered a reaction in me today?

What was the feeling underneath the behavior?

What do I want to do differently tomorrow?

🌡️ Mood & Stability Check-In

Bipolar awareness · No judgment, just data

"Tracking your mood is self-care. This is information, not identity."

My overall mood today was:

Deeply Low | Low | Balanced | Elevated | Highly Elevated | Mixed / Cycling

My energy level today:

Depleted | Low | Moderate | High | Raced / Scattered

Symptom Awareness:

- ☐ Experienced low mood, sadness, or depression
- ☐ Racing thoughts or difficulty slowing my mind
- ☐ Increased impulsivity or risky urges
- ☐ Appetite noticeably affected today
- ☐ Felt like "myself" and relatively stable today ✦
- ☐ Noticed elevated mood, euphoria, or grandiosity
- ☐ Irritability or heightened reactivity
- ☐ Sleep disrupted or significantly different from baseline
- ☐ Struggled to complete tasks or felt cognitive fog

Any symptoms or patterns I want to share with my treatment team or support person:

My sleep goal for tonight is _____ hours. Sleep hygiene steps I'll take:

🧠 Nervous System & Trauma Check-In

C-PTSD awareness · Regulation over suppression

"Your nervous system is always trying to protect you. Honor it with compassion."

Right now, my nervous system feels:

Hypoarousal (shut down, numb, disconnected) | In Window (present, regulated) | Hyperarousal (anxious, activated, overwhelmed)

Trigger Awareness:

- ☐ I noticed a trauma trigger today
- ☐ I experienced a flashback, intrusive memory, or body memory
- ☐ I went into a protective response (fight / flight / freeze / fawn)
- ☐ I felt emotionally flooded or dissociated at some point
- ☐ I was able to recognize a reaction and resource myself

A trigger or stressor I encountered today:

How my nervous system responded:

What I did (or could do) to regulate and come back to the present:

A soothing or grounding tool I used or want to use before sleep:

Body Scan:



Where am I holding tension right now?

jaw, shoulders, chest, stomach, hips...

One thing I can do to release it tonight (stretch, breath, heat, etc.):

✨ Gratitude & Values Alignment

Closing the day with intention

Three things I'm genuinely grateful for today:

1. _____
2. _____
3. _____

Values Check:

One way I lived my values today:

_____

One way I want to better align with my values tomorrow:

_____

Something I am releasing before I sleep tonight:

_____

✦ 🌙 ✦

Tonight's Closing Declaration

Today is complete. I have done an honest accounting of my day — not to punish myself, but to stay free. I am allowed to make mistakes and still deserve rest. I release what I cannot control. I carry forward what I am learning. I am committed to showing up, one day at a time, as the truest version of myself. My recovery is real. My healing is happening. I am worthy of peace.

Goodnight, gorgeous. Rest is recovery too. 🌙