

Rose Bud and Thorn Check-In Method

From the original “Rose Bud and Thorn Check-In Method.pdf” · 3 pages

What this is. The original handout (3 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

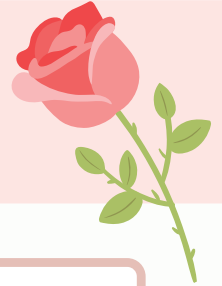
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THE ROSE, BUD AND THORN CHECK-IN METHOD



Taking care of our mental health is essential for our overall well-being. Understanding and addressing our emotions is a crucial part of this journey. One popular tool for tracking and reflecting on our emotional experiences is the "Rose, Bud, and Thorn" check-in method.

1

The Rose represents a positive aspect or highlight from your day, an event, a personal achievement, or simply something that made you happy. It can be something big or small, such as completing a project, enjoying a cup of coffee, or receiving a kind gesture from someone you love. Identifying and focusing on the Rose provides a moment of gratitude and positivity.

2

The Bud is something you are looking forward to, a goal, or an opportunity that you anticipate in the near future. It could be a new project, a pending vacation, or something you've been planning for. Embracing the Bud encourages optimism and hopefulness.

3

The Thorn represents a challenge, setback, or negative experience you encountered during the day. It could be a disagreement, a stressful situation, or simply feeling overwhelmed. Identifying and acknowledging the Thorn allows you to validate your feelings and work towards resolving issues or seeking support.

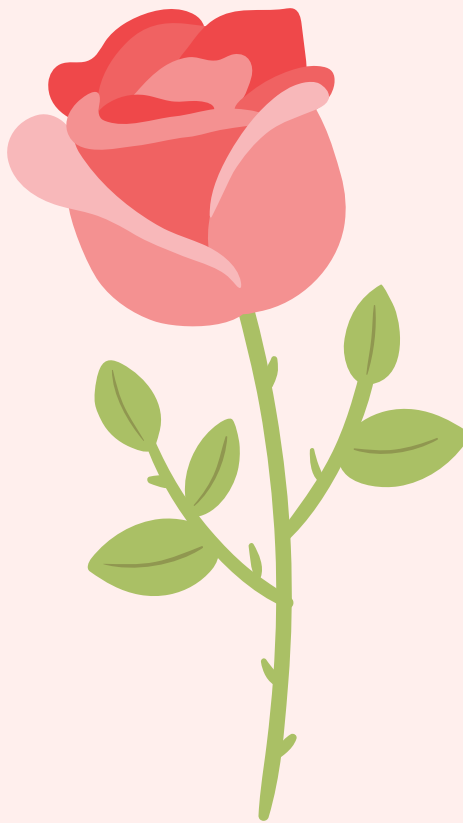
Incorporating the Rose, Bud, and Thorn check-in into your routine can help cultivate self-awareness and promote emotional well-being. By acknowledging the positive moments, setting goals for the future, and addressing the challenges you face, you are paving the way for personal growth and resilience. Remember to be kind to yourself throughout the process, as understanding and embracing your emotions is an integral part of self-care.

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THE ROSE

What brought you happiness or joy today? Can you think of any specific reasons or experiences?



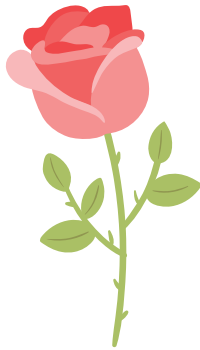
THE BUD

What are you looking forward to? What plans, goals, or opportunities are on the horizon for you?

THE THORN

Reflect on any challenges or negative experiences you encountered today. How did they make you feel? Is there anything you can do to address or learn from them?

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