

ATLAS ACADEMY

# Feelings Unplugged

OPEN-SOURCE TEEN JOURNAL • FIELD EDITION

Built so Gen Z and Gen Alpha can strengthen cognitive reappraisal, moderate suppression inside survival contexts, and imagine futures past survival—even when formal supports are limited.



# Table of Contents

01 · How to Use This Journal	p.2
02 · Morning Glow · Grounding + Intention	p.3
03 · Midday Spark · Emotional Check-In	p.4
04 · Evening Calm · Reflection + Release	p.5
05 · Identity Archetypes	p.6
06 · Shadow Work Prompts	p.7
07 · Weekly Reflection · Pattern Tracking	p.8
08 · Playlist Therapy · Emotional Soundtracks	p.9
09 · Immediate Support & Resources	p.10
10 · Notes & Futures / Credits	p.11–12

# How to Use This Journal

## DAILY RHYTHM

**Frequency:** Use 1–3 times daily (morning, midday, evening) or whenever emotions feel too big.

**No rules:** Skip prompts that don't resonate. Draw. Record voice notes. This is your studio.

**Track patterns:** Review weekly to notice emotional trends, triggers, and growth moments.

## OPEN ACCESS PLEDGE

Feelings Unplugged keeps core curriculum free to download, remix, and translate. Optional purchases fund youth designer stipends, language access, and mutual aid. Credit the project, keep essentials free for young people, and share how it's landing in your community.

Grounding practices increase cognitive reappraisal capacity (SAMHSA, 2014); intentional choice-making supports autonomy (Ryan & Deci, 2000).

# Morning Glow · Grounding + Intention

## Daily Prompts

**Energy scan:** What energy am I bringing into today? (Tired? Anxious? Excited? Numb?)

**Nervous system check:** What do I need to feel safe today? (Movement, a person, music, boundaries)

**Intention + affirmation:** One truth I want to remember about myself.

**Body note + permission slip:** Today, I give myself permission to \_\_\_\_.

Ritualized intention-setting lowers stress and improves self-regulation in adolescent populations (SAMHSA, 2014).

# Midday Spark · Emotional Check-In

## Reset Prompts

**Mood meter:** Which emotion is loudest right now? What triggered it?

**Reframe:** What would it look like to respond instead of react?

**Support:** What could I ask for or offer myself to ease this feeling?

**Energy inventory:** How full or empty is my tank? What's one nurturing move I can make?



# Evening Calm · Reflection + Release

## Integration Prompts

**Daily recap:** What really happened, and how did it affect my body and brain?

**Emotion trend:** Which feeling showed up the most? What is it teaching me?

**Release ritual:** What can I set down before sleep? (Write it, tear it, breathe it out)

**Future note:** One boundary or reminder for tomorrow. A sentence to future-me.

Closing routines support the nervous system in transitioning from alert to rest (SAMHSA, 2014).

# Identity Archetypes

Every firefly glows differently. Use the archetypes as mirrors—not boxes.

## The Catalyst

Change-maker, disruptor, truth-teller breathing transformation into every space.

Shadow prompt: When do I dim my power to stay safe?

Strength reminder: Your voice moves rooms.

## The Luminary

Creative, expressive, visible dreamer who narrates the world through art, words, and rhythm.

Shadow prompt: What parts of my story feel unsafe to share?

Strength reminder: Your light helps others see.

## The Guardian

Protector, nurturer, steady anchor when the room wobbles.

Shadow prompt: Where am I carrying too much?

Strength reminder: Boundaries protect your ability to care.

## → The Maverick

Independent, freedom-seeker, builder of alternative paths.

Shadow prompt: When does isolation disconnect me from support?

Strength reminder: Your imagination builds futures.

## ○○ The Weaver

Connector, bridge-builder, harmony designer linking people, ideas, and worlds.

Shadow prompt: Where do I abandon myself to keep peace?

Strength reminder: You translate complexity into belonging.





# Shadow Work Prompts

**Hidden self:** What part of myself do I hide? What would feel different if I let it be seen?

**Learned silence:** Which emotion was I taught to suppress? What is it asking from me now?

**Inherited narratives:** What story about survival did I inherit? Does it still serve me?

**Unprocessed grief:** What grief am I carrying—person, dream, version of myself?

**Shadow voice:** If my shadow could speak freely, what truth would it name?

Liberation psychology (Martín-Baró) affirms that naming suppressed truths is a step toward healing and action.

# Weekly Reflection · Pattern Tracking

## Emotional Weather Report

Chart dominant emotions each day.  
Notice cycles, swells, quiet moments.

## Growth Tracker

One sentence about progress—even if it's "I showed up."

## Energy Levels

Rate each day 1–10. Track how rest, food, social energy play in.

## Next Week's Intention

Set a boundary, ritual, or support request for future-you.

DAY	DOMINANT EMOTION	TRIGGER / CONTEXT	REFRAME / SUPPORT MOVE
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Weekend	_____	_____	_____

# Playlist Therapy · Soundtrack Your Nervous System

Music regulates emotions when words can't. Build playlists across emotional states.

## Anger · Safe Rage

Song 1 \_\_\_\_\_

Song 2 \_\_\_\_\_

Song 3 \_\_\_\_\_

Song 4 \_\_\_\_\_

## Sadness · Honoring Loss

Song 1 \_\_\_\_\_

Song 2 \_\_\_\_\_

Song 3 \_\_\_\_\_

Song 4 \_\_\_\_\_

## Joy · Feeling Alive

Song 1 \_\_\_\_\_

Song 2 \_\_\_\_\_

Song 3 \_\_\_\_\_

Song 4 \_\_\_\_\_

## Calm · Grounding

Song 1 \_\_\_\_\_

Song 2 \_\_\_\_\_

Song 3 \_\_\_\_\_

Song 4 \_\_\_\_\_

## Hype · Power Up

Song 1 \_\_\_\_\_


Song 2 \_\_\_\_\_


Song 3 \_\_\_\_\_


Song 4 \_\_\_\_\_

# Immediate Support & Crisis Lines


## 24/7 Hotlines (US)

 988 Suicide & Crisis Lifeline (call / text)

 Crisis Text Line: Text HOME to 741741

 The Trevor Project: 1-866-488-7386

 Trans Lifeline: 877-565-8860

 BlackLine: 1-800-604-5841

## Grounding Moves

Name five things you can see, four you can touch, three you can hear...

Change sensory input: temperature, sound, texture.

Ask a trusted adult to co-regulate (stay nearby, breathe together).

Use the web app's Emergency Kit for scripts and tap-outs.

## Community & Care

BEAM · [beam.community](https://beam.community)

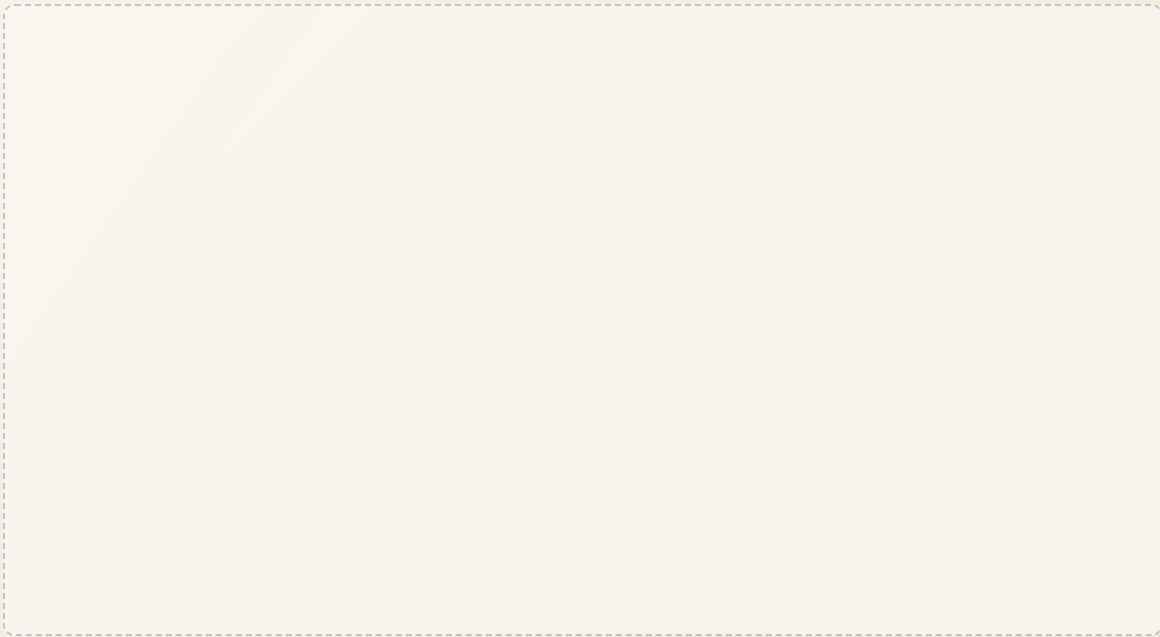
NQTTCN · [nqttn.com](https://nqttn.com)

Loveland Foundation · [thelovelandfoundation.org](https://thelovelandfoundation.org)

Feelings Unplugged · [care@feelingsunplugged.com](mailto:care@feelingsunplugged.com)

# Notes & Futures

Use this space for reflections, doodles, reminders, or curriculum adaptations you want to share back with Feelings Unplugged. Your feedback keeps the open-source ecosystem alive.



Share adaptations: [care@feelingsunplugged.com](mailto:care@feelingsunplugged.com)

# Credits & License

Feelings Unplugged is created by Dr. Erica L. Tartt and Atlas Academy. This core curriculum is licensed CC BY-NC 4.0: share, remix, adapt—credit the work and keep essentials free for the young people you serve.

References: Ryan, R. M., & Deci, E. L. (2000); SAMHSA Trauma-Informed Care (2014); Liberation Psychology (Martín-Baró); Dr. Erica L. Tartt's doctoral research on adolescent brain health.

*Published by US-Squared. For organization and nonprofit inquiries: [drtarttphd@us-squared.org](mailto:drtarttphd@us-squared.org)*