

emotional check-in

a gentle framework for processing feelings

DATE _____

01 BODY SCAN

close your eyes. where do you feel tension, lightness, or sensation?

head / mind

chest / heart

stomach / gut

shoulders / back

02 NAME IT

circle the emotions present right now:

happy sad anxious peaceful

frustrated grateful tired hopeful

loved

other: _____

03 INTENSITY

how intense is the strongest feeling?



04 THE STORY

what happened? what's your body trying to tell you?

.....
.....

05 WHAT DO YOU NEED?

check what feels true right now:

- | | | |
|---|---|--|
| <input type="checkbox"/> to rest | <input type="checkbox"/> to talk to someone | <input type="checkbox"/> to move my body |
| <input type="checkbox"/> to cry | <input type="checkbox"/> a distraction | <input type="checkbox"/> to be alone |
| <input type="checkbox"/> comfort food/drink | <input type="checkbox"/> fresh air | <input type="checkbox"/> to make something |
| <input type="checkbox"/> physical touch | <input type="checkbox"/> to write more | <input type="checkbox"/> nothing—just feel |

something else: _____

06 ONE KIND THING

if your best friend felt this way, what would you tell them?

now tell yourself:

.....

CLOSING REFLECTION

how do you feel now? even small shifts count.

.....

.....

gentle reminder:

emotions aren't problems to solve—they're weather passing through.

you don't have to fix how you feel. just notice. just breathe.