

Emotional Check-in Prompts



1. If my current mood had a name more specific than 'good' or 'bad,' what would I call it?



2. Where do I notice this emotion in my body?



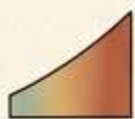
3. What happened shortly before I started feeling this way?



4. What does this emotion seem to be asking me to notice?



5. What thought is connected to this feeling?



6. Is the intensity of this emotion changing, staying the same, or building?

7. What do I wish someone understood about how I feel right now?

8. What do I need emotionally that I haven't been giving myself?

