Emotional Awareness Check-In

- **Write now, I FEEL:**
  One or two words
- Complete mysical sensation and careal thoughts
- Other – a ressomple

RIGHT NOW, I FEEL:
One or two words

INTENSITY (0–10):

0 1 2 3 4 5 6 7 8 9 10

MY BODY FEELS:
Name one physical sensation

STRONGEST THOUGHT:
Write it honestly

_____

_____

WHAT MIGHT I NEED?

- ☐ Rest
- ☐ Space
- ☐ Food
- ☐ Connection
- ☐ Reassurance
- ☐ Movement
- ☐ Clarity
- ☐ Support
- ☐ Other...

ONE HELPFUL NEXT
Choose something realistic

☐ _____

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