

EMOTION NAMING CHECK-IN



BEST FOR:

- FEELING “OFF”
- EMOTIONALLY CONFUSED
- IRRITATED OR NUMB
- UNABLE TO EXPLAIN FEELINGS



THE PROCESS (5 mins):

- ⏸ PAUSE: Take 5 minutes for yourself.
- 🙏 PUSH PAST “FINE” OR “BAD”.
- 🧠 NAMING SPECIFIC FEELINGS
(e.g., Disappointment, Embarrassment, Loneliness, Resentment, Relief)

FILL IN THE BLANKS:

**I feel ____ because ____,
and right now I need ____.**

*e.g., “I feel angry because I felt ignored,
and right now I need some space.”*

