



# Emotional Check-In Sheet

*A gentle way to notice what you're feeling right now.*

## Noticing what's present

### Right Now

What emotions feel present for me in this moment? (named or unnamed, clear or mixed)

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### In My Body

Where do I notice these feelings in my body, if anywhere? (sensation, tension, warmth, heaviness, movement)

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### Intensity & Tone

How strong or quiet do these feelings feel right now? (changing, steady, subtle, overwhelming, neutral)

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*This page is about noticing, not understanding. Whatever is present is allowed to be here.*



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## Widening the awareness

### What Feels Most Present

Of everything I'm noticing, what feels most alive or noticeable right now?

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### What I'm Carrying

Is there anything here that feels heavy, tender, or unresolved without needing to explain it?

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### What Supports Me, Even Slightly

Is there anything, internal or external, that feels steady, neutral, or supportive in this moment?

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*You don't need to change what you feel to be okay. Noticing is already a form of care.*