

Emotional Temperature Check™

English Pocket Reflection

Name it

What emotion is most present? What physical signal do I notice?

Rate it

From 1 to 5, how activated, overwhelmed, shut down, or distracted do I feel?

Locate the need

Do I need information, time, support, rest, safety, clarity, or a boundary?

Choose the next step

Pause before replying. Ask one clarifying question. Request time. Consult a trusted person. Use a grounding practice. Escalate a safety concern.

Return with intention

What response protects dignity, communicates expectations, and avoids unnecessary harm?