# Feelings Timeline Card

*Can't name it yet? Start with what happened.*

## 1 Last 90 minutes

- [ ] Have I eaten and had water?
- [ ] Lots of changes or interruptions?
- [ ] Loud or bright room?
- [ ] A conversation still on my mind?
- [ ] Short on sleep?

## 2 Where is it in my body?

- [ ] Heart racing or fluttering
- [ ] Stomach tight or hollow
- [ ] Face hot, hands clenched
- [ ] Heavy chest
- [ ] Shoulders up, jaw tight

## 3 Maybe it's...

- [ ] Tired or hungry
- [ ] Overloaded
- [ ] Worried
- [ ] Frustrated or angry
- [ ] Sad or lonely

**One thing I can drop today:** _____