

NAME WHAT IS HERE

An emotional check-in for self-awareness and human connection

I SEE YOU. I HEAR YOU. YOU MATTER.

WHY NAME WHAT YOU FEEL?

Emotions carry information. Naming them more precisely can create a pause, help you understand what matters and support a more intentional response. The feeling does not have to disappear before you choose wisely.

1

NOTICE

Move beyond 'fine'

2

UNDERSTAND

See what matters

3

EXPRESS

Use clearer words

4

CHOOSE

Respond with care

THE SAWUBONA CHECK-IN

Slow down enough to see yourself clearly.

1

PAUSE

Take one slow breath.

2

NOTICE

Body, thoughts and urges.

3

NAME

Choose one or two words.

4

LISTEN

What needs attention?

5

CHOOSE

Take one responsible step.

MOVE BEYOND 'FINE': FIND A MORE PRECISE WORD

There may be more than one.

Joy and ease

calm, content, hopeful, grateful, proud

Sadness and loss

disappointed, lonely, hurt, discouraged, grieving

Fear and uncertainty

anxious, worried, insecure, overwhelmed, vulnerable

Anger and protection

irritated, frustrated, resentful, annoyed, furious

Disconnection and fatigue

numb, detached, empty, confused, exhausted

Connection and interest

curious, trusting, affectionate, inspired, engaged

TRY IT NOW

Name the feeling. Check the story. Choose the response.

FOR YOURSELF

Right now I feel:

I notice it in:

What may need attention is:

My next kind, responsible step is:

WHEN SOMEONE SHARES

Do not rush to fix the feeling.

"Thank you for telling me."

"Would you like me to listen, help you think, or help you find support?"

ASK, DON'T ADVISE

CARE, BOUNDARIES AND SAFETY

This tool supports reflection and listening; it is not diagnosis or therapy. Respect privacy, but never promise secrecy where there is a serious risk of harm.

Immediate danger: 999 / A&E | Urgent mental health help: NHS 111 | Samaritans: 116 123