

情绪健康自我觉察 | Emotional Wellbeing Check-In

这是一份温柔的自我觉察练习，邀请你慢下来，与自己的情绪重新连接。没有标准答案，只需带着好奇与善意回应自己。

This is a gentle self-reflection worksheet designed to help you slow down and reconnect with your emotions. There are no right or wrong answers—simply respond with curiosity and kindness.

此刻的我 | How Am I Right Now?

□ 如果用三个词形容我现在的状态，会是什么？

If I used three words to describe how I am feeling right now, what would they be?

□ 此刻最明显的情绪是什么？

What emotions feel most present today?

□ 我的身体有什么感觉？（紧绷、疲惫、轻松、沉重……）

What sensations do I notice in my body? (tense, tired, calm, heavy...)

停下来感受 | Pause & Notice

□ 我最近一直在承受什么？

What have I been carrying lately?

□ 我最常忽略或压抑的感受是什么？

What emotions or experiences have I been ignoring or pushing away?

□ 如果这些情绪会说话，它们可能想告诉我什么？

If these emotions could speak, what might they want me to know?

理解与需要 | Understanding & Needs

□ 这些情绪背后，可能反映了哪些需要？

What needs might these emotions be pointing toward?

□ 此刻我最需要更多的是什么？（休息、支持、空间、连接、安全感……）

What do I need more of right now?

□ 有什么是我暂时可以放下的？

What is something I can give myself permission to let go of?

给自己的照顾 | A Small Act of Care

□ 今天我可以为自己做的一件小事是什么？

What is one small thing I can do to care for myself today?

□ 我可以向谁寻求支持？

Who could I reach out to for support?

□ 给未来几天的自己留一句话：

Write one message to your future self:

结束前 | Before You Finish

完成后，请轻轻问问自己：此刻的我，与开始时相比，有什么不同？

Take a moment to notice: What feels different now compared with when you started?

温馨提醒 | A Gentle Reminder

这份资源旨在支持自我觉察与个人成长，并不能替代心理咨询、心理治疗、危机支持或其他专业心理健康服务。

This resource is intended to support self-reflection and personal growth and is not a replacement for therapy, counselling, crisis support, or professional mental health care.