



10 Creative Ways to Identify a Meaningful Emotion for Your FASTT Check-In

Sometimes "fine," "good," or "okay" just isn't specific enough. Try one of these creative prompts to identify a real, helpful emotion from your week that connects to your recovery journey.

1. Name the Moment

What moment from this past week keeps replaying in your mind? What did you feel in that moment?

2. If It Were a Movie...

Imagine your week as a movie. What would be one scene in the trailer? What was the dominant feeling in that scene?

3. Feel It in Your Body

Did your body feel tight, heavy, tired, or tense this week? Where? What emotion might be behind that sensation?

4. What Color or Weather Were You?

If your feeling this week were a color or a kind of weather, what would it be? (Gray skies? Red hot? Calm blue?) What emotion matches that?

5. I Said This, But Meant That

Complete the sentence: "I told someone I was ____, but underneath, I was actually feeling ____."

6. Borrow Someone Else's Emotion

Think of someone close to you who had a strong emotion this week. What did you feel in response?

7. Pick a Photo

Look at a photo of someone showing an emotion. Which one matches you this week? What do you see in their face that you felt too?

8. Reverse the Feelings Wheel

Start with your behavior: isolating, zoning out, snapping, fantasizing. Then ask: What emotion was underneath that?

9. Trigger → Reaction → Feeling

What was a trigger this week? What did you do right after? What were you likely feeling in that moment?

10. Connect with a Psalm

Read a verse like Psalm 42:5 or Psalm 55:22. Can you relate? What emotion is being expressed? Did you feel anything similar?



Reminder: Emotions are not the enemy. They are messengers. Learn to listen to what they're saying so you can respond, not react.