

A SMALL PRIVATE RECORD

Three-Field Check-In

Keep it rough. Leave anything blank.

1 Rough score

Any personal scale is fine. Optional.

2 One emotion

Use your own word. Optional.

3 One context clue

Something nearby, not a proven cause. Optional.

Synthetic example

3/5 · relieved · sent the email

A clue is not a diagnosis, treatment, or causal conclusion.

Shorten, pause, or stop if this is not useful.