

Tempcheck — Flashcards

A Spark & Anvil printable flashcard deck. Quiz yourself on the Tempcheck cast's curriculum — one card at a time.

How to use these cards

Fold each sheet down the middle line so the answers are hidden. Read the **question** on the left, say your answer out loud, then **unfold** to check the right side. Testing yourself — then checking — is one of the most powerful ways to remember. Get one wrong? That's the best kind of practice: try it again tomorrow.

Want real flashcards? Cut along the fold line and the rows into cards — question on one side, answer on the other.

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Tempcheck — Flashcards

How to use these cards

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1. What Is Attunement?

⌕ Question (fold →)	Answer
Attunement and empathy —	work closely together — Attunement (noticing feelings) and empathy (understanding and sharing them) work closely together.
A person who is attuned to others is often good at —	noticing when a friend is upset — Someone attuned to others is often good at noticing when a friend is upset, even without being told.
Attunement can be practiced with —	friends, family, or anyone you care about — Attunement can be practiced with friends, family, or anyone you care about — tuning in to how they feel.
Attunement makes check-ins —	meaningful, not just routine — Attunement makes check-ins meaningful — a real moment of connection, not just a routine question.
Being attuned to a friend means —	noticing how they seem to be feeling — Being attuned to a friend means noticing and caring about how they seem to be feeling.
The BEST summary of attunement is —	being tuned in to feelings — yours and others' — with care — Attunement is being tuned in to feelings — your own and other people's — with gentle care.
Being attuned helps you respond to a friend —	in a way that fits how they feel — Being attuned helps you respond to a friend in a way that fits how they actually feel.
Attunement is a SKILL, which means it —	can be practiced and grown — Attunement is a skill that grows with practice — you can get better at noticing feelings.
Feelings are —	a normal, important part of being human — Feelings are a normal, important part of being human — everyone has them, and they matter.
Both people attuning to each other creates —	mutual understanding — When both people attune to each other, they build mutual understanding and closeness.
Attunement does NOT mean —	you can read minds perfectly — Attunement doesn't mean reading minds perfectly — it means noticing signals and gently checking in to understand.
Checking in regularly with a friend can —	keep your connection strong — Regularly checking in with a friend helps keep your connection strong over time.
The first step of attunement is always to —	pay attention — The first step of attunement is always to pay gentle attention to feelings — yours and others'.
A friend who feels attuned-to often feels —	cared for and less alone — When a friend feels attuned-to, they often feel cared for and less alone.
A caring attunement thought is —	"I want to understand how they're really feeling." — 'I want to understand how they're really feeling' is a caring, attuned thought.
Attunement starts with —	paying gentle attention to feelings — Attunement starts with paying gentle, curious attention to feelings — your own and others'.
Which shows attunement to a friend?	"You seem quieter than usual — are you okay?" — 'You seem quieter than usual — are you okay?' shows attunement: noticing a change and gently checking in.
Attunement over TIME lets you notice —	patterns in how someone feels — Attuning over time (like daily check-ins) lets you notice patterns — how a friend has been feeling lately.

Learning attunement helps you become —	a more caring, connected friend — Learning attunement helps you become a more caring, connected friend.
Attuning to YOURSELF means —	noticing your own feelings — Attuning to yourself means noticing and naming your own feelings.
'Attunement' means —	being tuned in to feelings — your own and others' — Attunement means being tuned in to feelings — noticing and understanding your own and other people's.
A daily temp-check is a way to —	stay tuned in over time — A daily temp-check is a simple way to stay tuned in to yourself and a friend over time.
A 'temp-check' (temperature check) is —	a quick check-in on how someone is feeling — A temp-check is a quick check-in on how someone is feeling — like taking the emotional 'temperature.'
Attunement helps relationships by —	helping people feel understood — Attunement helps relationships by helping people feel seen and understood.
Attunement is 'dyadic' when —	two people tune in to each other — 'Dyadic' attunement means two people tuning in to each other — a two-way check-in.

2. Naming Feelings

⌕ Question (fold →)	Answer
There are no —	'wrong' feelings — There are no 'wrong' feelings — all feelings are okay to have, even the hard ones.
Having MANY feeling words helps you —	describe how you feel more exactly — A bigger emotional vocabulary helps you describe how you feel more exactly than just 'good' or 'bad.'
A more exact feeling than 'good' might be —	proud, grateful, or excited — Instead of just 'good,' a more exact word — proud, grateful, excited — describes the feeling better.
Every feeling word you learn helps you —	know yourself a little better — Every feeling word you learn helps you know yourself a little better.
Naming a feeling can actually help you —	feel a little calmer and clearer — Naming a feeling often helps you feel a little calmer and clearer — understanding it makes it less overwhelming.
Feelings can be described by their —	size or strength (a little vs a lot) — Feelings can be described by their strength — feeling a little worried is different from feeling very worried.
Feeling words help make feelings —	less confusing — Feeling words make emotions less confusing by giving you a clear way to understand them.
Naming feelings is part of —	self-awareness — Naming feelings is a key part of self-awareness — understanding what's happening inside you.
Sharing a feeling word in a check-in helps because —	the other person learns how you really feel — Sharing a feeling word in a check-in helps the other person learn how you really feel.
It's okay to feel —	more than one feeling at once — It's normal to feel more than one feeling at once — like excited AND nervous.
A more exact feeling than 'bad' might be —	disappointed, worried, or lonely — Instead of just 'bad,' a more exact word — disappointed, worried, lonely — helps you understand the feeling.
A bigger feeling vocabulary makes check-ins —	richer and more honest — A bigger feeling vocabulary makes check-ins richer and more honest — you can share exactly how you feel.
The BEST summary of naming feelings is —	putting words to emotions to understand and share them — Naming feelings is putting words to your emotions so you can understand and share them.
Learning new feeling words is like —	getting better tools to understand yourself — Learning new feeling words gives you better tools to understand yourself and share with others.
Which is a feeling word for calm?	Peaceful — 'Peaceful' is a feeling word for a calm, settled emotion.
Naming a feeling is the first step to —	understanding and caring for it — Naming a feeling is the first step to understanding and caring for it.
The word 'okay' or 'fine' in a check-in is —	a start, but a more specific word says more — 'Fine' is a start, but a more specific feeling word tells the other person much more.
Naming feelings helps a friend —	understand what you need — When you name your feelings, a friend can better understand what you're going through and what you need.

Feelings are —	information, not commands — Feelings are information about what's going on inside — they don't have to command what you do.
If you can't find a word for a feeling, you can —	describe it (heavy, buzzy, tight) — If you can't name a feeling, describing it (heavy, buzzy, tight) can help you understand it.
A person with a big feeling vocabulary can —	share their inner world more clearly — A person with a big feeling vocabulary can share their inner world more clearly with others.
A caring response to a friend's feeling word is to —	listen and take it in — When a friend shares a feeling word, listening and taking it in (not arguing) is caring.
'Naming a feeling' means —	putting a word to what you feel — Naming a feeling means putting a word to what you feel — like 'nervous' or 'excited.'
Which is a feeling word?	Frustrated — 'Frustrated' names an emotion — it's a feeling word.
Hard feelings (like sadness) are —	okay to name and share — Hard feelings like sadness or worry are okay to name and share — naming them helps.

3. Feelings Are Signals

⌂ Question (fold →)	Answer
Ignoring your feelings completely can —	make it harder to understand what you need — Ignoring feelings entirely can make it harder to understand what you need — feelings point to needs.
The BEST summary of 'feelings are signals' is —	feelings give useful information; they inform you, they don't command you — Feelings are signals that give useful information — they inform you rather than command you.
There are no 'good' or 'bad' feelings, only —	comfortable and uncomfortable ones — Feelings aren't 'good' or 'bad' — they're comfortable or uncomfortable, and all of them carry information.
Reading your feelings as signals helps you —	understand yourself and your needs — Reading feelings as signals helps you understand yourself and what you need.
Feelings are best understood as —	signals that give information — Feelings are signals — they give information about what's happening inside and around you.
Feeling nervous before a test might be a signal that —	something matters to you — Nervousness before a test can signal that the test matters to you — a normal, useful signal.
Feelings often show up FIRST in —	the body — Feelings often show up first in the body — a racing heart, a tight stomach — before we even name them.
A feeling that passes shows that feelings are —	often temporary — Feelings often pass with time, showing they're usually temporary rather than permanent.
A big feeling doesn't mean —	you have to act on it right away — A big feeling doesn't mean you must act on it immediately — you can feel it and then choose how to respond.
Which is a healthy view of feelings?	"My feelings give me useful information." — 'My feelings give me useful information' is a healthy view of feelings.
Understanding feelings as signals is a foundation for —	attunement and check-ins — Understanding feelings as signals is a foundation for attunement — reading the signals in yourself and others.
Feeling angry can be a signal that —	something feels unfair to you — Anger can signal that something feels unfair or that a boundary was crossed — useful information.
A friend's feelings are also —	signals worth listening to — A friend's feelings are signals too — worth listening to and understanding.
A comfortable feeling like joy signals —	something is going well for you — A comfortable feeling like joy signals that something is going well — worth noticing and enjoying.
Treating feelings as signals makes them —	less scary and more helpful — Treating feelings as signals makes them feel less scary and more helpful — they're information, not threats.
Treating a friend's feeling as a signal helps you —	understand what they might need — Treating a friend's feeling as a signal helps you understand what they might need.
A feeling you'd rather not have is still —	worth understanding — Even a feeling you'd rather not have is still worth understanding — it carries information.

A feeling is a signal, not a —	command telling you what to do — A feeling is a signal that informs you, not a command — you still get to choose how to respond.
Feelings can help you make —	good decisions when you listen to them wisely — Feelings, listened to wisely alongside your thinking, can help you make good decisions.
When you notice a feeling, a kind next step is to —	get curious about what it's telling you — When you notice a feeling, getting curious ('what is this telling me?') is a kind, useful next step.
Feelings are a normal part of —	everyone's life — Feelings are a normal part of everyone's life — every person experiences them.
Even uncomfortable feelings are —	okay to have — Even uncomfortable feelings are okay to have — they're part of being human and they carry information.
Suppressing (pushing down) all feelings tends to —	make them build up — Constantly pushing feelings down tends to make them build up; noticing and understanding them helps more.
Listening to feelings AND using your thinking together is —	wise — Listening to your feelings and using your thinking together is a wise way to make decisions.
Feeling sad after losing something is —	a natural signal of caring — Feeling sad after a loss is a natural signal that you cared about what you lost.

4. The Body & Feelings

⌕ Question (fold →)	Answer
Learning to notice body feelings is a —	skill that grows with practice — Noticing body feelings is a skill that grows with practice — you get better at reading your body's signals.
Body sensations are —	clues to your feelings — Body sensations are clues to your feelings — worth noticing and learning.
Taking a slow breath can help your body —	calm down — Taking a slow, deep breath can help calm your body when feelings feel big.
Noticing your body in a check-in makes the check-in —	richer and more honest — Noticing your body in a check-in makes it richer and more honest — you share the whole picture.
Noticing your breath is a simple way to —	check in with your body — Noticing your breath — fast or slow, tight or easy — is a simple way to check in with your body.
If your body feels calm and easy, you might describe your temp-check as —	settled or relaxed — If your body feels calm and easy, 'settled' or 'relaxed' might describe your temp-check well.
The body and the feelings are —	connected — The body and feelings are deeply connected — the body often reflects and signals our emotions.
Learning your body's feeling-signals is like —	learning your own weather report — Learning your body's signals is like reading your own inner weather report — it tells you how you feel.
Two people can have the same feeling show up in their bodies —	in different ways — Two people can feel the same emotion but notice it in their bodies in different ways.
Stretching, moving, or breathing can help —	shift how your body feels — Gentle movement, stretching, or breathing can help shift how your body feels when emotions are strong.
A caring body-awareness thought is —	"What is my body telling me right now?" — 'What is my body telling me right now?' is a caring, curious body-awareness thought.
Where feelings show up in the body can be —	different for different people — Where feelings show up in the body can differ from person to person — everyone's a little different.
Feelings often show up in —	the body — Feelings often show up in the body — as physical sensations we can learn to notice.
The BEST summary of the body & feelings is —	feelings show up in the body, and noticing those signals helps you understand them — Feelings show up in the body, and noticing those physical signals helps you understand and care for them.
A tight chest or fast heartbeat can be a sign of —	a strong feeling — A tight chest or fast heartbeat can be your body's signal of a strong feeling like fear or excitement.
Noticing body sensations helps you —	recognize a feeling early — Noticing body sensations helps you recognize a feeling early, before it grows.
Nervousness might feel like	butterflies in your stomach — Nervousness often feels like butterflies or a fluttery

—	feeling in the stomach.
A grounding trick when feelings are big is to —	notice five things you can see or feel — A grounding trick is to gently notice five things you can see, hear, or feel — it helps calm big feelings.
Noticing 'my shoulders are tight' is an example of —	body awareness — Noticing 'my shoulders are tight' is body awareness — tuning in to physical sensations.
Anger might feel like —	heat in your face or a clenched jaw — Anger often shows up as heat in the face, a clenched jaw, or tight fists.
Body signals can help you name a feeling because —	the body often feels it before the mind names it — Body signals help you name a feeling because the body often feels it before the mind puts a word to it.
Being aware of your body helps in a check-in because —	you can describe how you feel more fully — Body awareness helps in a check-in because you can describe how you feel more fully ('tense shoulders, a little worried').
Calm feelings might feel like —	a relaxed, easy body — Calm feelings often come with a relaxed, easy body — loose shoulders and steady breathing.
Calming your body can help you —	think more clearly about your feelings — Calming your body helps you think more clearly about your feelings and what you need.
For hard or trauma-related feelings, gentle body-awareness can —	help you feel steadier — For hard feelings, gently noticing your body (feet on the floor, slow breath) can help you feel steadier.

5. Getting Specific

⌕ Question (fold →)	Answer
People with high emotional granularity often —	handle feelings a bit better — People who name feelings precisely often handle them a bit better — understanding a feeling helps you care for it.
Emotional granularity is part of —	self-awareness — Emotional granularity is part of self-awareness — knowing your feelings precisely.
A feelings wheel or chart helps by —	offering many precise words to choose from — A feelings wheel or chart offers many precise words, helping you find the one that fits.
Feeling 'a little nervous' is different from —	feeling 'terrified' — Feeling 'a little nervous' is different from 'terrified' — the strength of a feeling matters.
Being precise about feelings makes it easier to —	know what you need — Being precise about feelings makes it easier to know what you need — 'lonely' points to needing connection.
A caring granularity thought is —	"Let me find the word that really fits how I feel." — 'Let me find the word that really fits how I feel' is a caring thought behind emotional granularity.
Two people might feel 'stressed' but in —	different specific ways (overwhelmed vs anxious) — Two people who say 'stressed' might mean different things — overwhelmed, anxious, or pressured — so precise words help.
Vague words like 'fine' can sometimes —	hide what's really going on — Vague words like 'fine' can sometimes hide what's really going on — a more precise word reveals more.
Precise feelings make a temp-check —	more meaningful and honest — Precise feelings make a temp-check more meaningful and honest — you share the real, specific truth.
Granularity is a SKILL that grows with —	practice and a bigger feeling vocabulary — Emotional granularity grows with practice and a bigger feeling vocabulary — the more words you know, the more precise you can be.
A precise word for happy might be —	content, joyful, or thrilled — 'Happy' has shades: content (calm-happy), joyful (bright), or thrilled (very excited).
Emotional granularity helps in a check-in because —	you share how you feel more clearly — Emotional granularity makes check-ins clearer — 'a little lonely' tells a friend more than 'fine.'
Naming feelings PRECISELY (not just 'fine') is called —	emotional granularity — Naming feelings precisely — like 'disappointed' instead of 'bad' — is called emotional granularity.
Practicing precise feeling words over time —	builds your emotional vocabulary — Practicing precise feeling words over time steadily builds your emotional vocabulary.
Precise feeling words help YOU by —	understanding yourself better — Precise feeling words help you understand yourself better.
Instead of 'I feel weird,'	'I feel uneasy and a little unsure' — Instead of the vague 'weird,' trying 'uneasy and a

you could try —	little unsure' captures the feeling more precisely.
A more precise word than 'mad' might be —	annoyed, frustrated, or furious — 'Mad' has shades: annoyed (a little), frustrated (blocked), or furious (a lot) all describe it more precisely.
Precise feeling words help because —	they capture exactly what you feel — Precise feeling words help because they capture exactly what you feel, so you and others understand it better.
Emotional granularity is like having —	a bigger set of tools to understand feelings — Emotional granularity is like having a bigger set of tools to understand and describe feelings.
Being specific about feelings helps a friend —	know how to support you — Being specific about your feelings helps a friend know how to support you.
Sharing a precise feeling helps a friend —	understand and support you better — Sharing a precise feeling helps a friend understand and support you better.
Which shows emotional granularity?	"I'm not just sad — I'm disappointed and a bit lonely." — 'I'm not just sad — I'm disappointed and a bit lonely' shows emotional granularity.
The BEST summary of getting specific is —	naming feelings precisely to understand and share them more fully — Emotional granularity means naming feelings precisely, so you can understand and share them more fully.
If a feeling is hard to pin down, you can —	name a few words that come close — If a feeling is hard to pin down, naming a few words that come close can help you understand it.
A precise feeling word for worry might be —	anxious, uneasy, or scared — 'Worried' has shades: anxious, uneasy, or scared all describe it more precisely.

6. Checking In With Yourself

⌕ Question (fold →)	Answer
A self check-in means —	pausing to notice how you feel — A self check-in means pausing to notice how you're feeling — a moment of self-awareness.
Doing a self check-in when you feel GOOD is —	just as valuable as when you feel bad — Doing a self check-in when you feel good is just as valuable — noticing and enjoying good feelings matters too.
The BEST summary of self check-ins is —	pausing gently to notice how you feel and what you need — A self check-in is pausing gently to notice how you feel and what you need — an act of self-awareness and self-care.
A good self check-in question is —	"How am I feeling right now?" — 'How am I feeling right now?' is a great self check-in question.
If a self check-in reveals a hard feeling, you can —	care for yourself and maybe reach out — If a self check-in reveals a hard feeling, you can care for yourself and maybe reach out to someone you trust.
You get to decide —	how much of a self check-in to share with others — You get to decide how much of a self check-in to share with others — sharing is your choice.
A self check-in helps you enter a temp-check —	knowing how you feel — A self check-in helps you enter a temp-check already knowing how you feel, so you can share honestly.
Checking in with yourself helps you —	understand and care for your feelings — Checking in with yourself helps you understand and care for your feelings.
A self check-in is a small act of —	self-care — A self check-in is a small act of self-care — giving your own feelings gentle attention.
Self check-ins over time help you —	know yourself better — Doing self check-ins over time helps you know yourself better and better.
A quick self check-in can happen —	anytime you pause to notice — A quick self check-in can happen anytime you pause to notice how you feel — it doesn't take long.
Knowing how YOU feel first can help you —	check in with others more openly — Knowing how you feel first can help you check in with others more openly and honestly.
Self-awareness (knowing your feelings) helps you —	make better choices — Self-awareness — knowing your feelings — helps you make better, more thoughtful choices.
A self check-in builds the skill of —	self-awareness — Regular self check-ins build the skill of self-awareness.
Which shows a caring self check-in?	"I notice I'm tired and a bit down — I'll be gentle with myself." — 'I notice I'm tired and a bit down — I'll be gentle with myself' is a caring self check-in.
A self check-in doesn't have to be —	long or complicated — A self check-in can be quick and simple — even a brief pause to notice a feeling counts.
Self check-ins can include noticing your —	body, thoughts, and feelings — A self check-in can include noticing your body sensations, your thoughts, and your feelings.
Regular self check-ins help you —	notice patterns in your feelings over time — Regular self check-ins help you notice patterns — how you tend to feel at certain times or in certain situations.

Ignoring your own feelings for a long time can —	make it harder to know what you need — Ignoring your own feelings for a long time can make it harder to know what you need — check-ins help.
A gentle self check-in avoids —	harsh self-judgment — A gentle self check-in avoids harsh self-judgment — you notice feelings with kindness, not criticism.
Feelings noticed in a check-in are —	information to care for, not problems to fix — Feelings noticed in a check-in are information to understand and care for — not always problems to fix.
When you check in and notice a feeling, the next kind step is to —	get curious about what you need — After noticing a feeling in a self check-in, getting curious about what you need is a kind next step.
There are no 'wrong' answers in a self check-in because —	all feelings are okay — There are no wrong answers in a self check-in — all feelings are okay to notice and name.
A self check-in is a foundation for —	attuning to others too — Checking in with yourself is a foundation for attuning to others — self-awareness supports social awareness.
A helpful time for a self check-in is —	at the start or end of the day — The start or end of the day is a helpful time for a regular self check-in.

7. Checking In With Others

⌘ Question (fold →)	Answer
A good check-in is —	genuine, not just going through the motions — A good check-in is genuine — you actually want to know how the person is, not just going through the motions.
A caring check-in question is —	"How are you really doing?" — 'How are you really doing?' is a caring check-in question that invites a real answer.
A caring check-in thought is —	"I want to know how they're really doing." — 'I want to know how they're really doing' is a caring check-in thought.
Checking in with a friend means —	asking or noticing how they're feeling — Checking in with a friend means asking or noticing how they're feeling.
When you check in with someone, it helps to —	really listen to their answer — When you check in with someone, really listening to their answer shows you genuinely care.
You can notice a friend's feelings by watching their —	face, body, and tone of voice — You can notice a friend's feelings by watching their face, body language, and tone of voice.
If a friend gives a short answer like 'fine,' a caring follow-up is —	"I'm here if you want to say more." — If a friend says 'fine,' a caring follow-up like 'I'm here if you want to say more' leaves the door open without pushing.
Checking in is a skill of —	social awareness and relationship skills — Checking in with others builds social awareness and relationship skills.
Noticing when a friend's mood changes is a form of —	attunement — Noticing when a friend's mood changes is a form of attunement — being tuned in to them.
A check-in is most caring when it —	gives the friend your real attention — A check-in is most caring when you give the friend your real, undistracted attention.
A caring check-in respects that a friend —	gets to choose how much to share — A caring check-in respects that a friend gets to choose how much they want to share.
Showing you noticed a friend's feeling ('You seem excited!') can —	help them feel seen — Gently naming what you notice ('You seem excited!') can help a friend feel seen and understood.
You don't have to FIX a friend's feelings; you can just —	listen and be with them — You don't have to fix a friend's feelings — often just listening and being with them helps most.
Checking in on others AND yourself makes attunement —	complete (both directions) — Checking in on both others and yourself makes attunement complete — tuned in to everyone's feelings.
Checking in regularly helps a friendship —	stay close and supportive — Checking in regularly helps a friendship stay close and supportive over time.
If a friend doesn't want to talk, the caring response is to —	respect that and let them know you're there — If a friend doesn't want to talk, respecting that while letting them know you're there is caring.
A check-in works both ways when —	both friends ask about each other — A check-in works both ways when both friends ask about and listen to each other.

If you're not sure how a friend feels, it's best to —	ask instead of assume — If you're not sure how a friend feels, asking is better than assuming — people can surprise you.
Checking in shows a friend —	that you care about them — Checking in shows a friend that you care about how they're doing.
Checking in on a friend who seems okay is —	still worthwhile — Checking in on a friend who seems okay is still worthwhile — it shows care and catches feelings they might be hiding.
Noticing a friend's feelings without being asked shows —	attunement and care — Noticing a friend's feelings without being asked shows genuine attunement and care.
The BEST summary of checking in with others is —	noticing and gently asking how a friend feels, then really listening — Checking in with others means noticing and gently asking how a friend feels, then really listening.
A friend who feels checked-in-on often feels —	supported — A friend who feels checked-in-on often feels supported and less alone.
A simple check-in can brighten —	a friend's whole day — A simple, genuine check-in can brighten a friend's whole day — small acts of care matter.
If a friend seems down, a caring response is to —	gently ask if they want to talk — If a friend seems down, gently asking if they want to talk is a caring response.

8. The Temp-Check

⌘ Question (fold →)	Answer
Doing a temp-check regularly can —	keep a friendship tuned in over time — Doing a temp-check regularly keeps a friendship tuned in over time, catching feelings early.
Feeling safe enough to share honestly in a temp-check comes from —	trust built over time — Feeling safe enough to share honestly in a temp-check comes from trust built over time.
Sharing 'I feel a bit off today' in a temp-check is —	honest and okay — Sharing 'I feel a bit off today' in a temp-check is honest and okay — you don't have to be 'fine.'
Temp-checks build the habit of —	staying tuned in to feelings together — Temp-checks build the healthy habit of staying tuned in to feelings — yours and a friend's — together.
A temp-check is different from a test because —	there are no right or wrong answers — A temp-check is different from a test — there are no right or wrong answers, only your honest feelings.
In a temp-check, honesty helps because —	sharing real feelings builds real understanding — Honesty in a temp-check helps — sharing your real feelings builds genuine understanding.
A caring temp-check thought is —	"Let's both share honestly and listen kindly." — 'Let's both share honestly and listen kindly' is a caring thought for a temp-check.
After a temp-check, a caring next step can be to —	respond to how each person feels — After a temp-check, a caring next step is to respond to how each person feels — with support or just presence.
A temp-check helps two people —	understand each other's feelings — A temp-check helps two people understand each other's feelings in the moment.
If your feelings are hard to share, you can —	share as much as feels safe — If a feeling is hard to share, you can share as much as feels safe — you're in charge of your own sharing.
A temp-check can use an 'affect card' which is —	a card showing a feeling to pick — An affect card shows a feeling (a word or picture) that you can pick to share how you feel.
A temp-check is a SAFE space when —	both people listen without judging — A temp-check is a safe space when both people listen to each other's feelings without judging.
After a temp-check, each person often feels —	more understood and connected — After a genuine temp-check, each person often feels more understood and connected.
Sharing a feeling card can be easier than words because —	it gives you a starting point — A feeling card can be easier than finding words because it gives you a starting point to share from.
A temp-check works best as —	a regular habit — A temp-check works best as a regular habit, so you stay tuned in over time.
In a temp-check, each person shares —	how they're feeling (often with a feeling word or card) — In a temp-check, each person shares how they're feeling — often with a feeling word or an affect card.
A 'temp-check' is —	a quick two-way check-in on how each person is feeling — A temp-check is a quick, two-way check-in where each person shares how they're feeling.
TempCheck is 'dyadic,' meaning	two people check in with each other — A dyadic temp-check involves two

—	people checking in with each other — both share their feelings.
There are no 'wrong' feelings to share in a temp-check because —	all feelings are okay — There are no wrong feelings to share in a temp-check — all feelings are okay.
A temp-check helps you notice —	how you AND a friend are doing — A temp-check helps you notice how both you and a friend are doing — a shared moment of awareness.
The temp-check works because it's —	regular and two-way — The temp-check works because it's regular (a habit) and two-way (both people share).
If a friend shares a hard feeling in a temp-check, you can —	listen and offer care — If a friend shares a hard feeling in a temp-check, listening and offering care is the kind response.
A temp-check is quick, so it can happen —	even on a busy day — A temp-check is quick, so it can fit even into a busy day — just a moment to tune in.
The BEST summary of the temp-check is —	a quick, two-way, honest check-in on how each person feels — The temp-check is a quick, two-way, honest check-in where each person shares how they're feeling.
A temp-check honors that feelings —	can change from day to day — A temp-check honors that feelings can change from day to day — checking in catches how you feel now.

9. Overlaps & Differences

⌕ Question (fold →)	Answer
Noticing an overlap can help friends feel —	connected ('me too!') — Noticing an overlap ('You feel that way too? Me too!') can help friends feel connected.
The BEST summary of overlaps & differences is —	friends' feelings can match or differ, and both build understanding and connection — Overlaps and differences both matter: friends' feelings can match or differ, and both build understanding and connection.
A friend feeling differently is a chance to practice —	empathy — A friend feeling differently is a chance to practice empathy — understanding a feeling that isn't your own.
When two friends feel DIFFERENTLY, that's —	normal and okay — When two friends feel differently, that's completely normal and okay — people can feel different things.
Which shows respect for a difference?	"I feel excited, but I get that you're nervous — that makes sense." — 'I feel excited, but I get that you're nervous — that makes sense' respects a difference in feelings.
You can hold your own feeling AND —	respect a friend's different one — You can hold your own feeling and still respect a friend's different one — both can be true at the same time.
A difference in a temp-check is an invitation to —	get curious about the other person — A difference in a temp-check is an invitation to get curious — 'I wonder why they feel that way?'
Noticing overlaps and differences over time reveals —	how you each tend to feel — Noticing overlaps and differences over time reveals patterns in how each person tends to feel.
If a friend feels differently than you, a caring response is to —	get curious, not critical — If a friend feels differently, getting curious ('tell me more') rather than critical is the caring response.
Two friends can care about each other AND —	feel completely different things — Two friends can deeply care about each other and still feel completely different things at the same time.
If you and a friend feel the same way, you might say —	"Me too — I'm glad I'm not the only one." — If you and a friend feel the same, saying 'Me too — I'm glad I'm not the only one' celebrates the overlap.
When two friends feel the SAME way, that's called —	an overlap — When two friends feel the same way, their feelings overlap.
In a temp-check, two people's feelings might —	overlap or be different — In a temp-check, two people's feelings might overlap (be similar) or be different — both are normal.
Respecting a friend's different feeling means —	not telling them they shouldn't feel it — Respecting a friend's different feeling means not telling them they shouldn't feel it — their feeling is valid.
Noticing a difference can help friends —	understand each other better — Noticing a difference can help friends understand each other better — you learn how the other person feels.
A caring thought about differences is —	"We feel differently, and that's okay." — 'We feel differently, and that's okay' is a caring thought about differences in feelings.

Overlaps and differences both help friends —	know each other more truly — Both overlaps and differences help friends know each other more truly.
If you feel happy and a friend feels sad, the caring response is to —	care about their sadness even while you feel happy — If you feel happy and a friend feels sad, you can care about their sadness while still feeling your own happiness — both can coexist.
Overlaps are nice, but differences are —	just as valuable for understanding — Overlaps feel nice, but differences are just as valuable — they teach friends about each other.
Feeling differently from a friend is —	part of being two different people — Feeling differently from a friend is just part of being two different people with your own experiences.
A healthy friendship makes room for —	both people's feelings, same or different — A healthy friendship makes room for both people's feelings, whether they overlap or differ.
Differences in feelings make friends —	more interesting to each other, not less — Differences in feelings make friends more interesting to each other, giving them more to understand and learn.
A difference in feelings does NOT mean —	someone is wrong — A difference in feelings doesn't mean anyone is wrong — people simply feel different things.
Caring about a friend's feeling even when it differs from yours shows —	true attunement — Caring about a friend's feeling even when it differs from yours shows true attunement.
Two people never feeling exactly the same is —	normal and expected — Two people never feeling exactly the same is normal and expected — everyone's experience is unique.

10. Empathy & Attunement

⌕ Question (fold →)	Answer
A barrier to empathy is —	being caught up only in your own feelings — Being caught up only in your own feelings can be a barrier to empathy — making room for the other person's feelings helps.
Empathy helps you respond to a friend —	in a way that actually helps them — Empathy helps you respond in a way that actually helps the friend — because you understand what they need.
Showing empathy can be as simple as —	"That sounds really hard." — 'That sounds really hard' is a simple, powerful way to show empathy.
Empathy without trying to 'fix' everything means —	sometimes just being present is enough — Empathy doesn't always mean fixing — sometimes just being present and understanding is enough.
Empathy builds —	trust and closeness — Empathy builds trust and closeness — friends feel safe sharing with someone who understands.
Empathy does NOT require —	having the exact same experience — You don't need the exact same experience to empathize — imagining their feelings is enough.
Feeling empathy for yourself (self-compassion) is —	also important — Feeling empathy for yourself — self-compassion — is also important; being kind to yourself matters.
Listening carefully is —	a key part of empathy — Listening carefully is a key part of empathy — you can't understand someone's feelings without hearing them.
Empathy helps two people —	understand each other's inner worlds — Empathy helps two people understand each other's inner worlds, deepening their connection.
Which shows empathy in a temp-check?	"I hear that you're feeling down today." — 'I hear that you're feeling down today' shows empathy in a temp-check.
The BEST summary of empathy & attunement is —	noticing and understanding others' feelings with care, so they feel understood — Empathy and attunement mean noticing and understanding others' feelings with care, so they feel understood.
Practicing empathy makes you —	a more caring, connected friend — Practicing empathy makes you a more caring, connected friend.
A person practicing empathy becomes —	a more caring, connected friend — A person practicing empathy becomes a more caring, connected friend over time.
Empathy means you can care about a feeling even if —	you would feel differently yourself — Empathy means caring about someone's feeling even if you would feel differently in their situation.
Empathy and attunement work together because —	attuning helps you notice feelings to empathize with — Attunement (noticing feelings) leads into empathy (understanding and sharing them) — they work together.
Empathy helps a friend feel —	understood and less alone — Empathy helps a friend feel understood and less alone in what they're going through.

Showing empathy does NOT require —	solving the other person's problem — Showing empathy doesn't require solving the person's problem — understanding and caring is often enough.
A person good at empathy notices —	how others feel, not just what they say — A person good at empathy notices how others feel — reading tone and body language, not just words.
'Empathy' is —	understanding and sharing another person's feelings — Empathy is understanding and sharing another person's feelings — imagining what it's like for them.
Empathy is at the heart of —	attunement and good friendships — Empathy is at the heart of attunement and of good, caring friendships.
A caring empathy thought is —	"How might this feel for them?" — 'How might this feel for them?' is a caring, empathetic thought.
Empathy makes attunement —	warm and caring — Empathy makes attunement warm and caring — you don't just notice feelings, you care about them.
Empathy starts with —	really listening — Empathy starts with really listening to the other person, so you can understand their feelings.
Empathy is a SKILL that —	grows with practice — Empathy is a skill that grows with practice — the more you tune in, the stronger it gets.
Empathy for a friend's feeling means —	caring about it even if you'd feel differently — Empathy means caring about a friend's feeling even if you would feel differently in their situation.

11. Feelings Change Over Time

⌕ Question (fold →)	Answer
Tracking feelings over days can reveal —	patterns — Tracking feelings over days can reveal patterns — like feeling more tired midweek or happier on weekends.
Noticing a pattern (like 'I feel anxious before tests') helps you —	prepare and care for yourself — Noticing a pattern (feeling anxious before tests) helps you prepare and care for yourself ahead of time.
Tracking feelings is a form of —	self-awareness over time — Tracking feelings is a form of self-awareness over time — learning your own emotional patterns.
A sudden change in a friend's feelings might be worth —	a gentle check-in — A sudden change in a friend's feelings might be worth a gentle check-in to see if they're okay.
Feelings can change because of —	events, sleep, food, or just time — Feelings can change because of events, how much sleep you got, whether you've eaten, or just the passage of time.
Feelings usually —	change over time — Feelings usually change over time — they come and go rather than staying the same forever.
Remembering that feelings pass helps most during —	hard moments — Remembering that feelings pass helps most during hard moments — it brings hope that things will ease.
A caring thought about changing feelings is —	"This feeling is real now, and it will pass." — 'This feeling is real now, and it will pass' is a caring, true thought about changing feelings.
A feeling tracker or check-in log helps you —	see how your feelings shift — A feeling tracker or check-in log helps you see how your feelings shift day to day.
Knowing feelings change helps you —	be patient with hard feelings — Knowing feelings change helps you be patient with hard feelings — they won't last forever.
If you notice you've felt down for a long time, a caring step is to —	reach out to someone you trust — If you notice you've felt down for a long time, reaching out to a trusted friend or adult is a caring step.
Noticing that a friend has seemed sad for a while is —	important attunement — Noticing that a friend has seemed sad for a while is important attunement — worth a caring check-in.
Because feelings pass, a hard moment is —	not the whole story — Because feelings pass, a hard moment is not the whole story of how you'll always feel.
Because feelings change, a hard feeling is —	not who you are, just how you feel right now — Because feelings change, a hard feeling is not who you are — it's just how you feel right now.
A hard feeling right now —	will likely shift with time — A hard feeling right now will likely shift with time — feelings are usually temporary.
Tracking feelings with daily check-ins helps you spot —	patterns you might otherwise miss — Tracking feelings with daily check-ins helps you spot patterns you might otherwise miss.
If you notice a friend has felt low for a long while, a caring	check in and, if needed, involve a trusted adult — If a friend has felt low for a long while, checking in and — if needed — helping them involve a trusted adult is

step is to —	caring.
Noticing your feelings change builds —	hope during hard times — Noticing that feelings change builds hope during hard times — knowing that this too will pass.
Daily temp-checks build a —	picture of feelings over time — Daily temp-checks build a picture of feelings over time — you can see how you and a friend have been doing.
Patterns can help you understand —	what affects your feelings — Patterns can help you understand what affects your feelings — like sleep, stress, or certain situations.
Feelings over time tell a —	story about how you're doing — Feelings tracked over time tell a story about how you're doing — a valuable kind of self-knowledge.
The BEST summary of feelings changing is —	feelings shift over time, and noticing patterns helps you understand and care for yourself — Feelings change over time, and noticing patterns helps you understand and care for yourself.
If a hard feeling doesn't pass and feels too big, it's okay to —	ask a trusted adult for help — If a hard feeling doesn't pass and feels too big, asking a trusted adult for help is a wise, caring choice.
A feeling log or tracker is a tool for —	understanding yourself over time — A feeling log or tracker is a tool for understanding yourself over time — seeing how your feelings shift.
Feelings changing shows they are —	temporary, not permanent — The fact that feelings change shows they're usually temporary, not permanent.

12. Responding to Feelings

⌕ Question (fold →)	Answer
Co-regulation reminds us we don't have to face big feelings —	alone — Co-regulation reminds us we don't have to face big feelings alone — friends can help us through.
Which helps an upset friend most?	"I'm here with you." — 'I'm here with you' helps an upset friend feel supported and less alone.
Responding to feelings with kindness builds —	trust and safety — Responding to feelings with kindness builds trust and safety in a friendship.
You don't have to FIX a friend's feeling; sometimes they just need —	to be heard — You don't have to fix a friend's feeling — sometimes they just need to be heard and understood.
Being someone a friend can turn to shows —	you're a caring, safe friend — Being someone a friend can turn to when feelings are big shows you're a caring, safe friend.
When both friends can help each other regulate, the friendship becomes —	a source of comfort and safety — When both friends can help each other feel steady, the friendship becomes a real source of comfort and safety.
Helping a friend calm down might include —	breathing slowly together — Helping a friend calm down might include breathing slowly together — a simple co-regulation step.
Responding to a friend's feeling with kindness —	helps them feel safe — Responding to a friend's feeling with kindness helps them feel safe and supported.
A friend who helps you feel calm is practicing —	co-regulation — A friend who helps you feel calm when you're upset is practicing co-regulation.
'Co-regulation' means —	helping each other feel calmer or steadier — Co-regulation means helping each other feel calmer or steadier — soothing feelings together.
When a friend is upset, a calm presence can —	help them feel steadier — When a friend is upset, your calm, caring presence can help them feel steadier.
You can only help others regulate well when you're —	reasonably calm yourself — You can help others regulate best when you're reasonably calm yourself — steady yourself first.
A caring co-regulation thought is —	"Let me be a calm, steady presence." — 'Let me be a calm, steady presence' is a caring co-regulation thought.
A caring co-regulation thought is —	"I can be a calm, steady presence for my friend." — 'I can be a calm, steady presence for my friend' is a caring co-regulation thought.
Responding well to feelings is a skill of —	self-management and relationship skills — Responding well to feelings — yours and others' — builds self-management and relationship skills.
Calming your OWN feelings first can help you —	support a friend better — Calming your own feelings first can help you support a friend better — like putting on your own oxygen mask first.
The BEST summary of responding to feelings is —	staying calm and present to help yourself and others feel steadier — Responding to feelings means staying calm and present to help yourself and

	others feel steadier — co-regulation.
Co-regulation reminds us that —	we can help each other through hard feelings — Co-regulation reminds us that we can help each other through hard feelings — we don't have to face them alone.
It's okay to say to a friend —	"I want to help — what do you need?" — 'I want to help — what do you need?' is a caring way to respond to a friend's feelings.
A caring response to a friend's strong feeling is to —	stay calm and be present — A caring response to a friend's strong feeling is to stay calm and be present with them.
A grounding technique to share with an upset friend is —	slow breathing together — Slow breathing together is a grounding technique that can help an upset friend feel calmer.
If you don't know how to help, you can still —	listen and stay present — Even if you don't know how to help, listening and staying present is caring and often enough.
Co-regulation works because feelings are —	affected by the people around us — Co-regulation works because feelings are affected by the people around us — a calm friend can help us feel calm.
Co-regulation is a two-way street because —	friends help each other over time — Co-regulation is two-way — friends help each other feel steady, taking turns over time.
Responding to your OWN big feelings might include —	taking a break to calm down — Responding to your own big feelings might include taking a break to calm down before acting.

13. When Feelings Are Big

⌘ Question (fold →)	Answer
If you're worried about a friend's very big or lasting feelings, a caring step is to —	help them tell a trusted adult — If you're worried about a friend's very big or lasting feelings, helping them tell a trusted adult is caring and wise.
Big feelings usually —	pass with time and care — Big feelings usually pass with time and care — even the strongest emotions ease eventually.
A big feeling does NOT mean you have to —	act on it right away — A big feeling doesn't mean you must act on it right away — you can feel it and then choose how to respond.
'Overwhelm' is when feelings feel —	too big to handle all at once — Overwhelm is when feelings feel too big to handle all at once — like being flooded.
Caring for big feelings is a skill that —	grows with practice — Caring for big feelings is a skill that grows with practice — you get better at settling strong emotions.
A caring thought during a big feeling is —	"This is really big right now, and I can get through it." — 'This is really big right now, and I can get through it' is a caring thought during a big feeling.
Calming a big feeling doesn't mean —	the feeling was wrong — Calming a big feeling doesn't mean the feeling was wrong — it just means you cared for yourself.
If a big feeling ever makes you feel unsafe, the most important thing is to —	get to safety and tell a trusted adult — If a big feeling ever makes you feel unsafe, getting to safety and telling a trusted adult is the most important thing.
The BEST summary of when feelings are big is —	pause, breathe, care for yourself, and reach out if it's too much — When feelings are big: pause, breathe, care for yourself, and reach out to someone you trust if it's too much to handle alone.
Big feelings are a signal to —	give yourself extra care — Big feelings are a signal to give yourself extra care and kindness.
Grounding techniques (like naming 5 things you see) help by —	bringing you back to the present — Grounding techniques help by bringing you back to the present moment, calming a big feeling.
A helpful thing to remember about a big feeling is that it —	will pass with time and care — A helpful thing to remember about a big feeling is that it will pass with time and care.
Big feelings are part of —	being human — Big feelings are part of being human — everyone feels strong emotions sometimes.
A 'calm-down plan' (things that help you settle) is —	useful to have ready — Having a 'calm-down plan' — things that help you settle — ready is useful for when feelings get big.
Getting through a big feeling can teach you that —	you're stronger than you thought — Getting through a big feeling can teach you that you're stronger and more capable than you thought.
When feelings are big, doing ONE small calming thing is —	better than trying to fix everything at once — When feelings are big, doing one small calming thing is better than trying to fix everything at once.
	a strong emotion that can feel overwhelming — A big feeling is a strong

A 'big feeling' is —	emotion — like intense anger, fear, or sadness — that can feel overwhelming.
When overwhelmed, it can help to —	slow down and take one small step — When overwhelmed, slowing down and taking one small step at a time can help.
Movement (walking, stretching) can help a big feeling by —	releasing some of the energy — Movement like walking or stretching can help a big feeling by releasing some of its physical energy.
Big feelings are —	normal and okay to have — Big feelings are normal and okay to have — everyone experiences strong emotions sometimes.
Naming a big feeling ('I'm really scared') can —	make it a little more manageable — Naming a big feeling ('I'm really scared') can make it a little more manageable — understanding helps.
Supporting a friend with a big feeling means —	staying calm and being there — Supporting a friend with a big feeling means staying calm and being there for them.
When a feeling is big, a helpful first step is to —	pause and take a slow breath — When a feeling is big, pausing and taking a slow breath helps you settle before responding.
If a big feeling is too much to handle alone, it's okay to —	reach out to a trusted person — If a big feeling is too much to handle alone, reaching out to a trusted friend or adult is a caring choice.
Having a few go-to calming tools ready is —	smart self-care — Having a few go-to calming tools ready (breathing, movement, a trusted person) is smart self-care.

14. Honesty & Safety in Sharing

⌕ Question (fold →)	Answer
You never HAVE to share a feeling if —	you don't feel ready or safe — You never have to share a feeling if you don't feel ready or safe — sharing is always your choice.
Setting a boundary about your feelings (like 'I don't want to talk right now') is —	healthy and okay — Setting a boundary about your feelings — like 'I don't want to talk right now' — is healthy and okay.
Keeping a friend's shared feeling private (unless they're unsafe) builds —	trust — Keeping a friend's shared feeling private — unless they're unsafe — builds trust between you.
Feeling pressured to share more than you want is a sign to —	set a boundary — Feeling pressured to share more than you want is a sign to set a boundary — you share at your own pace.
Choosing safe people to share with is a form of —	caring for yourself — Choosing safe people to share your feelings with is a form of caring for yourself.
A safe sharing space has —	no judgment and kept confidences — A safe sharing space has no judgment and keeps confidences — so people feel free to be honest.
If a feeling is too big or you feel unsafe, a caring step is to —	tell a trusted adult — If a feeling is too big or you feel unsafe, telling a trusted adult is a caring, wise step.
When a friend shares a feeling with you, keeping it private (unless they're unsafe) shows —	you're trustworthy — Keeping a friend's shared feeling private (unless they're in danger) shows you're trustworthy.
If someone dismisses or mocks your feelings, it's okay to —	share less with them and more with safe people — If someone dismisses or mocks your feelings, it's okay to share less with them and more with people who are safe.
Sharing your feelings honestly helps others —	understand and support you — Sharing your feelings honestly helps others understand and support you.
Sharing feelings can feel vulnerable, and that vulnerability with safe people is —	a strength — Sharing feelings can feel vulnerable, and being vulnerable with safe people is a strength that builds closeness.
A safe person to share feelings with —	listens without judging — A safe person to share feelings with listens without judging and keeps your trust.
You get to decide —	how much of your feelings to share, and with whom — You get to decide how much of your feelings to share and with whom — sharing is always your choice.
The BEST reason to have safe people to share with is —	everyone needs support sometimes — The best reason to have safe people to share with is that everyone needs support sometimes — it's part of being human.
The BEST summary of honesty & safety is —	share honestly with safe, trusted people, and get adult help when something feels unsafe — Honesty and safety mean sharing honestly with safe, trusted people, and getting adult help when something feels unsafe.

If a friend shares that they feel unsafe or want to hurt themselves, the caring step is to —	help them tell a trusted adult right away — If a friend shares that they feel unsafe or want to hurt themselves, safety comes first — help them tell a trusted adult right away.
A safe person to share feelings with is one who —	keeps your trust and listens kindly — A safe person to share feelings with keeps your trust and listens kindly.
Trust for sharing feelings is —	built over time — Trust for sharing feelings is built over time, as people show they're safe and caring.
You don't owe anyone —	access to your deepest feelings — You don't owe anyone access to your deepest feelings — you choose who to open up to.
Honesty in a temp-check builds —	real trust and connection — Honesty in a temp-check builds real trust and connection between two people.
If a friend's feelings sound like they might be in danger, you should —	help them reach a trusted adult — If a friend's feelings sound like they might be in danger, helping them reach a trusted adult is the caring, safe thing to do.
Honest sharing works best when it's —	matched with safe, caring listeners — Honest sharing works best when it's matched with safe, caring listeners who will honor your trust.
A trusted adult can help when a feeling or situation is —	too big or unsafe to handle alone — A trusted adult can help when a feeling or situation is too big, harmful, or unsafe to handle on your own.
It's safest to share deep feelings with —	people you trust — It's safest to share deep feelings with people you trust — those who've shown they'll listen with care.
A caring sharing thought is —	"I can share honestly with people who are safe." — 'I can share honestly with people who are safe' is a caring, balanced thought about sharing.

15. Attunement in Relationships

⌘ Question (fold →)	Answer
Attunement in a friendship goes —	both ways — Attunement in a healthy friendship goes both ways — each person tunes in to the other.
A caring attuned relationship makes room for —	both people's feelings — A caring, attuned relationship makes room for both people's feelings, whatever they are.
Over time, attunement helps two people —	know each other deeply — Over time, attunement helps two people know each other deeply — their patterns, needs, and feelings.
Attunement makes support —	fit what the person actually needs — Attunement makes support fit what the person actually needs, because you understand how they feel.
Attunement turns a friendship into —	a place where feelings are safe — Attunement turns a friendship into a place where feelings are safe to share and be understood.
The BEST summary of attunement in relationships is —	tuning in to each other's feelings builds closeness, trust, and support — Attunement in relationships means tuning in to each other's feelings, which builds closeness, trust, and support.
Missing a friend's feeling once is —	repairable by checking in — Missing a friend's feeling once is repairable — you can re-attune by checking in and caring.
Attunement is a gift you give —	by truly paying attention — Attunement is a gift you give a friend by truly paying attention to how they feel.
A caring attuned response to a friend's news depends on —	how they feel about it, not just the news — A caring attuned response depends on how the friend feels about their news — the same news can bring joy or worry.
A friendship where both people attune becomes —	a source of comfort and trust — A friendship where both people attune becomes a real source of comfort and trust.
Attunement helps a relationship feel —	safe and supportive — Attunement helps a relationship feel safe and supportive — both people feel understood.
Attunement is especially important during —	hard times — Attunement is especially important during hard times, when a friend most needs to feel understood.
When you feel attuned-to by a friend, you likely feel —	safe and valued — When a friend attunes to you, you likely feel safe and valued.
Missing a friend's feelings sometimes is —	normal; you can repair it by checking in — Missing a friend's feelings sometimes is normal — you can repair it by checking in and re-attuning.
The deepest friendships usually have —	lots of mutual attunement — The deepest friendships usually have lots of mutual attunement — both people tuned in to each other.
Being attuned to a friend is one of the kindest things you can —	offer them — Being attuned to a friend — truly tuning in to how they feel — is one of the kindest things you can offer them.

Attunement is especially valuable when a friend is —	going through something hard — Attunement is especially valuable when a friend is going through something hard and needs to feel understood.
The habit of checking in keeps a relationship —	attuned over time — The habit of checking in keeps a relationship attuned over time — tuned in through all seasons.
Attunement helps friendships —	weather ups and downs together — Attunement helps friendships weather ups and downs together, staying connected through changes.
The habit of checking in keeps attunement —	alive over time — The habit of checking in keeps attunement alive over time — you stay tuned in through all seasons of a friendship.
A relationship with regular attunement tends to be —	closer and more supportive — A relationship with regular attunement tends to be closer and more supportive over time.
Attunement helps prevent misunderstandings by —	keeping people tuned in to each other — Attunement helps prevent misunderstandings by keeping people tuned in to how each other actually feels.
Attunement builds closeness because —	people feel understood and cared for — Attunement builds closeness because people feel understood and cared for when someone tunes in to them.
Attunement includes attuning to —	yourself AND the other person — Full attunement includes tuning in to yourself and to the other person — both matter.
Relationships with strong attunement often feel —	safe and close — Relationships with strong attunement often feel safe and close — people feel truly known.

16. Capstone: Staying Attuned

⌕ Question (fold →)	Answer
There are no 'wrong' feelings, only —	feelings to understand and care for — There are no wrong feelings — only feelings to understand and care for.
The two-way temp-check works because it's —	regular, honest, and mutual — The two-way temp-check works because it's regular, honest, and mutual — both people share and listen.
Because everyone has feelings, attunement is —	a skill for every relationship, at every age — Because everyone has feelings, attunement is a skill useful in every relationship, at every age.
Attunement is a lifelong SKILL that —	keeps growing with practice — Attunement is a lifelong skill that keeps growing with practice — useful in every relationship, at every age.
Attunement helps relationships by —	building understanding, trust, and closeness — Attunement builds understanding, trust, and closeness in relationships.
A temp-check is a tool for —	staying tuned in over time — A temp-check is a simple tool for staying tuned in to feelings over time.
A caring final thought about attunement is —	"I can tune in to feelings with care." — 'I can tune in to feelings with care' is a caring final thought about attunement.
The gift of learning attunement is —	closer, more understanding relationships — The gift of learning attunement is closer, more understanding relationships throughout your life.
The BEST one-sentence summary of TempCheck is —	tune in to feelings — yours and a friend's — with regular, honest, caring check-ins — TempCheck in one line: tune in to feelings — yours and a friend's — with regular, honest, caring check-ins.
A caring attunement mindset is —	"I'll stay tuned in to feelings — mine and others' — with care." — 'I'll stay tuned in to feelings — mine and others' — with care' is the caring attunement mindset.
The temp-check habit helps you stay —	tuned in to yourself and others — The temp-check habit helps you stay tuned in to both yourself and others over time.
Feelings that overlap or differ are —	both normal and valuable — Feelings that overlap or differ are both normal and valuable — both build understanding.
Attunement starts with —	noticing feelings, yours and others' — Attunement starts with noticing feelings — both your own and other people's.
Empathy is at the heart of attunement because it —	helps you understand and care about others' feelings — Empathy is at the heart of attunement — it helps you understand and care about others' feelings.
Staying attuned combines —	self-awareness, empathy, check-ins, and care — Staying attuned combines self-awareness, empathy, regular check-ins, and care — tuning in to feelings over time.
Attuning to yourself first helps you —	attune to others more openly — Attuning to yourself first helps you attune to others more openly and honestly.
Big feelings can be cared for by —	pausing, breathing, and reaching out — Big feelings can be cared for by pausing, breathing, caring for yourself, and reaching out if it's too much.
Self-compassion during attunement means —	being kind to your own feelings too — Self-compassion means being kind to your own feelings too — attunement includes caring for yourself.

Your SAFETY and wellbeing come —	first, even in sharing feelings — Your safety and wellbeing come first — you choose safe people to share with, and get help when something's unsafe.
Because feelings are part of every relationship, attunement is —	a skill everyone can use throughout life — Because feelings are part of every relationship, attunement is a caring skill everyone can use throughout life.
Attunement combines caring for —	your own feelings and others' feelings — Attunement combines caring for your own feelings and for others' feelings — both directions matter.
The single most important thing about attunement is —	tuning in to feelings with care builds understanding and connection — The key takeaway: tuning in to feelings with care builds understanding and connection.
Staying attuned honors BOTH —	your feelings and others' feelings — Staying attuned honors both your own feelings and other people's feelings — everyone's inner world matters.
Feelings change over time, which brings —	hope during hard moments — Feelings change over time, which brings hope — even hard moments will pass.
Carrying these skills forward, you should now be able to —	check in with yourself and others and respond with care — The capstone goal: check in with yourself and others, and respond to feelings with care and understanding.

Keep going

You practiced **400 cards** from Tempcheck. Come back to the ones you missed — spaced-out practice makes them stick.

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