



THE WEATHER REPORT

Inner Signals Worksheet

This worksheet helps you describe your inner world with calm clarity, like a journalist reporting from the scene.

By stepping back and observing, it will help you:

- Catch the moment your body reacts, before your thoughts spiral
- Name feelings and body signals to stay grounded
- Separate what happened from what it meant, so you can choose your next step more clearly

Important safety note

If a situation involves threats, stalking, physical danger, or serious harassment, prioritise safety and appropriate support first.
Come back to reflective tools only when you feel safe enough to do so.

Something happens and you notice a shift inside you. You might not be sure what caused it, or even what you're feeling yet.

1. *Quick check-in.* What is the weather right now?

Right now, the **atmosphere** inside me feels:

- CLOUDY** (unsure, slightly uneasy, uncomfortable)
- OVERCAST** (heavy, flat, drained)
- FOGGY** (confused, unclear, scattered)
- STORMY** (activated, angry, agitated)
- ICY** (numb, shut down, disconnected)

Right now, I notice it here in **my body**:

chest, stomach, throat, jaw, neck, head, hands, arms, legs, whole body, other:

Right now, the **emotional intensity** I am feeling is at this level: _____ / 10

(0 to 10): 0 = completely calm, 10 = overwhelmed

If you are around a 7–10, your system is working hard right now. Take some time out before you decide what to do next.

2. **What caused this?** Name the stimulus, just the basics.

What happened, or what did I notice? (what I saw, heard, read, remembered, imagined)

Was this stimulus real, remembered, or anticipated? Tick all that apply. If more than one applies, write the key facts for each in a calm, neutral tone.

- real** (something happening now)
- remembered** (something from the past)
- anticipated** (a future worry or scenario)

Date: _____ **Time:** _____

3. *Weather Report.* Describe what is happening

You are reporting from the scene. You have gathered the facts, now put them together.

"Something shifted when

"I am noticing the sensation of (in my body)

"My thoughts moved to the idea that

"The strongest urge is for me to

You've put this into words, which helps you process what's happening. Take a breath. Consider what would support you most.

What I actually need right now (if I'm honest): (rest, reassurance, space, clarity, a boundary, support, time, food, water, movement, other)

4. *Pause and Reset.* Let things settle

Pick one small action that supports your nervous system.

<input type="checkbox"/> Water or something simple to eat	<input type="checkbox"/> Fresh air or a short walk
<input type="checkbox"/> Slow breathing for a few minutes	<input type="checkbox"/> Gentle movement or stretching
<input type="checkbox"/> A simple task with my hands	<input type="checkbox"/> Music, warmth, shower, blanket
<input type="checkbox"/> Message someone safe, not the person involved	<input type="checkbox"/> Other: _____
Time-out I'm giving myself: <input type="checkbox"/> 10 minutes <input type="checkbox"/> 30 minutes <input type="checkbox"/> 1 hour <input type="checkbox"/> overnight <input type="checkbox"/> other:	

5. *Second Report and Forecast. Checking in again.*

The **emotional intensity** has now changed to: _____ / 10

(0 to 10): 0 = completely calm, 10 = overwhelmed

What changed, even slightly?

If it dropped even one point, your system is responding to support, and that matters.

This exercise helps you notice your reactions more clearly. Keep these pages as a log so you can track patterns and progress.

Headline for this moment (one line):

Date: _____ Time: _____

What helped most:

If I want support, the safest person to speak to is:

If you completed this worksheet, you already did the key thing. You slowed the moment down, named what was happening inside you, and gave yourself a chance to respond with calm and clarity.