Emotion Timeline Zoom

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A lost item disrupts a morning routine.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Map an ordinary emotional episode from before the event through recovery.

3. What happened before the strongest feeling?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.