

## Weekly interpersonal snapshot

Our emotions often act as signals in our relationships. This tracker helps you notice how your feelings influence your interactions, allowing you to choose more effective ways to communicate your needs and boundaries.

Metric 0-10	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Emotional Intensity							
Urge to React/Lash Out							
Urge to Withdraw/Hide							
Communication Clarity							
Sense of Connection							

Think of a specific interaction this week where you felt a strong emotion. How did you handle it?

**The Skill Check**

Did I state my needs clearly? (Objective Effectiveness)

Did I keep the relationship positive? (Relationship Effectiveness)

Did I keep my self-respect intact? (Self-Respect Effectiveness)

**Pattern Recognition**

Did you notice a specific person or situation that triggered a high 'Urge to React' this week?

What is one thing you could say or do differently next time to stay effective?