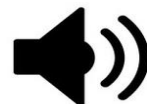


School: _____

Neuroception Tracker WorkSheet

Name: _____

DATE: _____



	1, 2, 3	4, 5, 6	7,8	9, 10	Notes:
VOLUME	Feeling safe, at ease, comfortable and connected to others	Feeling sleepy, irritated, tired, antsy, hungry and other growing emotions	Feeling angry, very worried, tired, anxious and possibly sad	Feeling overwhelmed, exhausted, terrified, frozen, numb, isolated, depressed, or other big feelings that keep us shut down	
Where are you? What time is it?					
Who are you with?					
What are you doing?					