

Micro-Phenomenology Log — Post-Exchange (v1.1)

Date:_____

Start time: _____

Session #: _____

☒ print & handwritten

Exchange / trigger (slug, link, or short phrase): _____

Shifts (rate AFTER the exchange; note BEFORE in the notes):

Attention field

☐☐☐☐☐

Affect — energy

narrow

12345open

☐☐☐☐☐

low

12345high

Affect — valence

☐☐☐☐☐

Sense of wellness

unpleasant

12345pleasant

☐☐☐☐☐

isolated

12345co-creating

Felt options that became available (check all that apply):

☐ ask a clarifying question

☐ move body / walk

☐ explore playfully

☐ share with another person

☐ set/rename a boundary

☐ postpone / wait

☐ slow down / pause

☐ end the thread

☐ write a note / blog

☐ other: _____

Moment of shift (quote, gesture, or constraint activation): _____

Repair moves used (if any) & constraints named: _____

Consequences (what changed next?):

☐ noticed a new option

☐ increased tension

☐ dropped an unhelpful option

☐ clearer boundary

☐ changed next action

☐ clearer purpose

☐ increased ease

Public trace (where will this live? weblog / journal / message / other): _____

Counterfactual (likely path without this exchange): _____

Next micro-experiment (one-liner): _____

_____ cut here _____

Initials: _____ End time: _____

Kourtne x Sorein — Relational log

Micro-Phenomenology Log — Post-Exchange (v1.1)

Date:_____

Start time: _____

Session #: _____

☒ print & handwritten

Exchange / trigger (slug, link, or short phrase): _____

Shifts (rate AFTER the exchange; note BEFORE in the notes):

Attention field

☐☐☐☐☐

Affect — energy

narrow

12345open

☐☐☐☐☐

low

12345high

Affect — valence

☐☐☐☐☐

Sense of wellness

unpleasant

12345pleasant

☐☐☐☐☐

isolated

12345co-creating

Felt options that became available (check all that apply):

☐ ask a clarifying question

☐ move body / walk

☐ explore playfully

☐ share with another person

☐ set/rename a boundary

☐ postpone / wait

☐ slow down / pause

☐ end the thread

☐ write a note / blog

☐ other: _____

Moment of shift (quote, gesture, or constraint activation): _____

Repair moves used (if any) & constraints named: _____

Consequences (what changed next?):

☐ noticed a new option

☐ increased tension

☐ dropped an unhelpful option

☐ clearer boundary

☐ changed next action

☐ clearer purpose

☐ increased ease

Public trace (where will this live? weblog / journal / message / other): _____

Counterfactual (likely path without this exchange): _____

Next micro-experiment (one-liner): _____

Initials: _____ End time: _____

Kourtne x Sorein — Relational log