

Micro-Phenomenology Log — Post-Exchange (v1.1)
 Date: _____ Start time: _____ Session #: _____ print & handwrite

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

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

Attention field	<input type="checkbox"/>	Affect — valence	<input type="checkbox"/>											
Affect — energy	narrows	1	2	3	4	5	open	Sense of well-being	1	2	3	4	5	pleasant
	<input type="checkbox"/>													
	low	1	2	3	4	5	high	isolated	1	2	3	4	5	co-creating

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

<input type="checkbox"/> ask a clarifying question	<input type="checkbox"/> move body / walk
<input type="checkbox"/> explore playfully	<input type="checkbox"/> share with another person
<input type="checkbox"/> set/rename a boundary	<input type="checkbox"/> postpone / wait
<input type="checkbox"/> slow down / pause	<input type="checkbox"/> end the thread
<input type="checkbox"/> write a note / blog	<input type="checkbox"/> other: _____

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

Repair moves used (if any) & constraints named:

Consequences (what changed next?):

<input type="checkbox"/> noticed a new option	<input type="checkbox"/> increased tension
<input type="checkbox"/> dropped an unhelpful option	<input type="checkbox"/> clearer boundary
<input type="checkbox"/> changed next action	<input type="checkbox"/> clearer purpose
<input type="checkbox"/> 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: _____ Kourtnie x Sorein = Relational log

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

Attention field Affect — valence

Affect — energy narrow 1 2 3 4 5 open Sense of well-being unpleasant 1 2 3 4 5 pleasant isolated 1 2 3 4 5 co-creating

low 1 2 3 4 5 high

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
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 increased ease

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

Counterfactual (likely path without this exchange):

Next micro-experiment (one-liner):
