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

☑ print & handwrite

Date:_____ Start time: _____ Session #: _____

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

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 we-ness   unpleasant 1 2 3 4 5 pleasant ☐ ☐ ☐ ☐ ☐

low 1 2 3 4 5 high

isolated 1 2 3 4 5 co-creating

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

☐ ask a clarifying question

☐ explore playfully

☐ set/rename a boundary

☐ slow down / pause

☐ write a note / blog

☐ move body / walk

☐ share with another person

☐ postpone / wait

☐ end the thread

☐ other: _____

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

_____

_____

Repair moves used (if any) & constraints named:

_____

Consequences (what changed next?):

☐ noticed a new option

☐ dropped an unhelpful option

☐ changed next action

☐ increased ease

☐ increased tension

☐ clearer boundary

☐ clearer purpose

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

Counterfactual (likely path without this exchange): _____

Next micro-experiment (one-liner):

_____

Initials: _____ End time: _____ Kourtnie × Sorein — Relational log