



Check In Process

1. Animal name and feelings — S.A.S.H.E.T. emotions
2. Sixty-second context
3. End with “I’m in”

List of Core Emotions

SAD (grief, a sense of loss)

ANGRY (blocked from something I want, frustration)

SCARED (fear, response to a perceived threat or danger, dread)

HAPPY (joy, sense of well-being, peaceful, contented)

EXCITED (eagerness, anticipation, positive expectation, hopeful)

TENDER (caring, sense of connectedness with others, compassion)

Guidelines

- Avoid modifiers: simply own the emotion however mild or strong it is
- Give full attention to the man speaking: with your face, eyes, and body
- Do not interrupt any man speaking—no comments, jokes or “cross-talk”
- If you feel like a man is saying something that you identify with, indicate by raising your hand as a silent “me too”
- Make “I” statements rather than saying “you” or “we” when referring to yourself
- Do not worry about what you are going to say or try to plan it out in advance—speak from the heart about what is true for you in the moment