Which Chair Are You Sitting In Today?

A simple check-in for therapy

www.SocialWorkersToolbox.com

The Ready Chair

I am ready to talk about what is on my mind.

The Overwhelmed Chair

There is so much going on that I don't know where to start.

The Stuck Chair

I keep going around the same problems and don't know how to move forward.

The Uncertain Chair

I am not really sure how I feel or what I need today.

The Exhausted Chair

I feel drained and don't have much energy for anything today.

The Disconnected Chair

I feel numb, distant or not fully present.

The Steady Chair

I feel fairly calm, settled and able to cope today.

The Curious Chair

I want to understand why I feel, think or react the way I do.

The Hopeful Chair

Things are still difficult, but I am starting to believe they can change.

Which chair feels most like where you are today?

You can choose more than one.

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Which Chair Are You Sitting In Today

Which Chair Are You Sitting In Today is a visual emotional check-in poster built around nine named chairs representing common feelings and states of mind. It is likely to be most useful for counsellors, therapists, pastoral teams, youth workers and adults supporting teenagers or clients who may struggle to start talking.

Print the poster for a therapy room, school wellbeing space, mentoring session or home discussion, then invite someone to choose the chair or chairs that fit their day. The simple choice prompt can reduce pressure, support emotional vocabulary and provide a clear starting point for conversations about feeling overwhelmed, stuck, exhausted, disconnected, steady or hopeful.