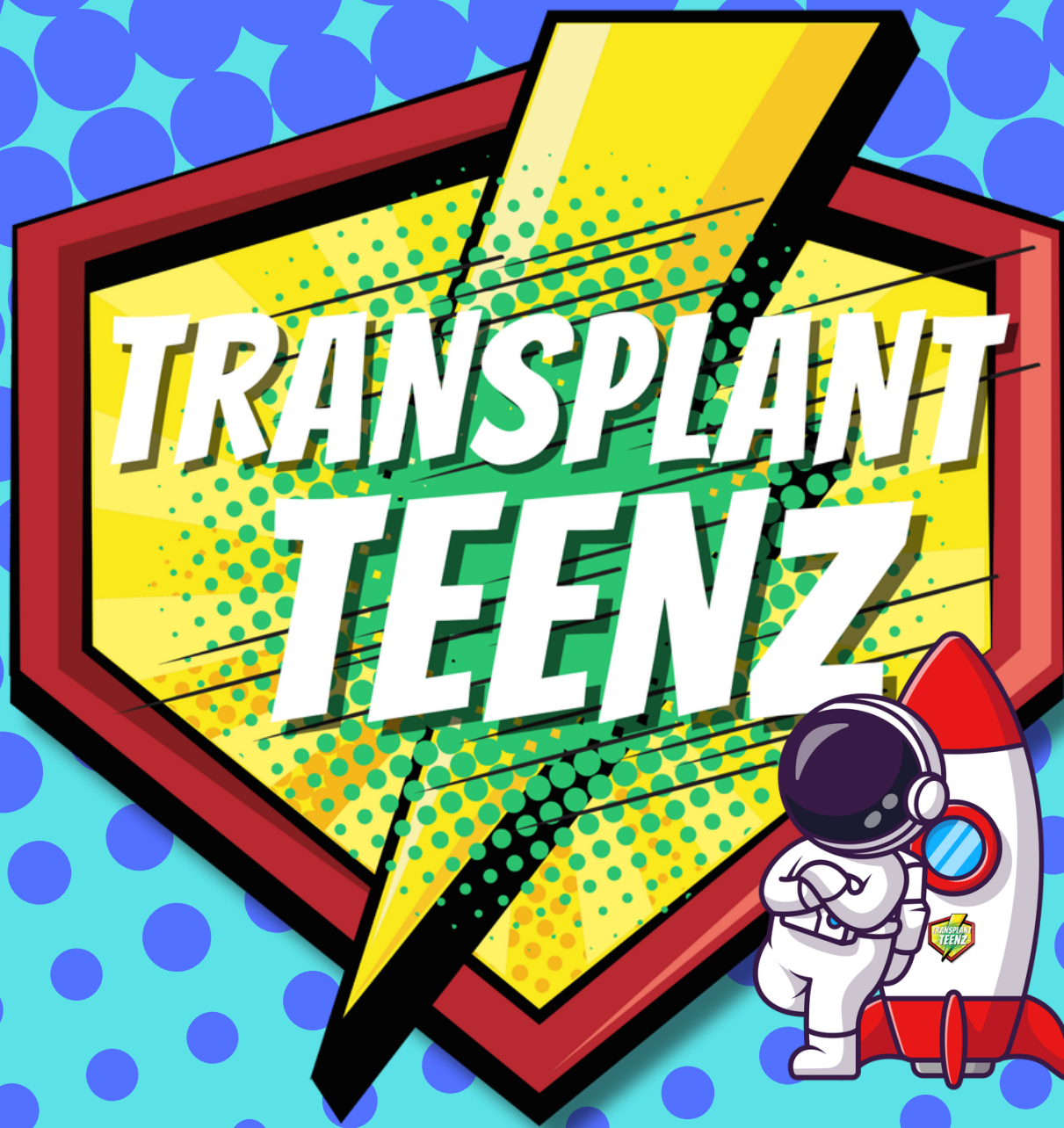




THE REAL CHECK-IN™

WWW.TRANSPLANTTZ.ORG

2026



THE REAL CHECK-IN™

HOW TO USE IT:

Print the wheel (next page) and put it in a general area, or save a copy to your phone to text your teen then be REAL.

R REACH OUT

Text Be Real...How you feel?

With the photo of the wheel tell them emojis only.

E ECHO THE SIGNAL

If they respond, echo the signal to acknowledge without prying or correcting the feeling.

For Example: "I see the 🤔. Loud and clear—it's not fair."

A ACTIVATE A LANE

Offer the Mute/Snack/Interact options

For Example: "I'm in your corner. Do you need **Mute** (Silence), a **Snack** (Fuel), or to **Interact** (Talk/Vent)?"

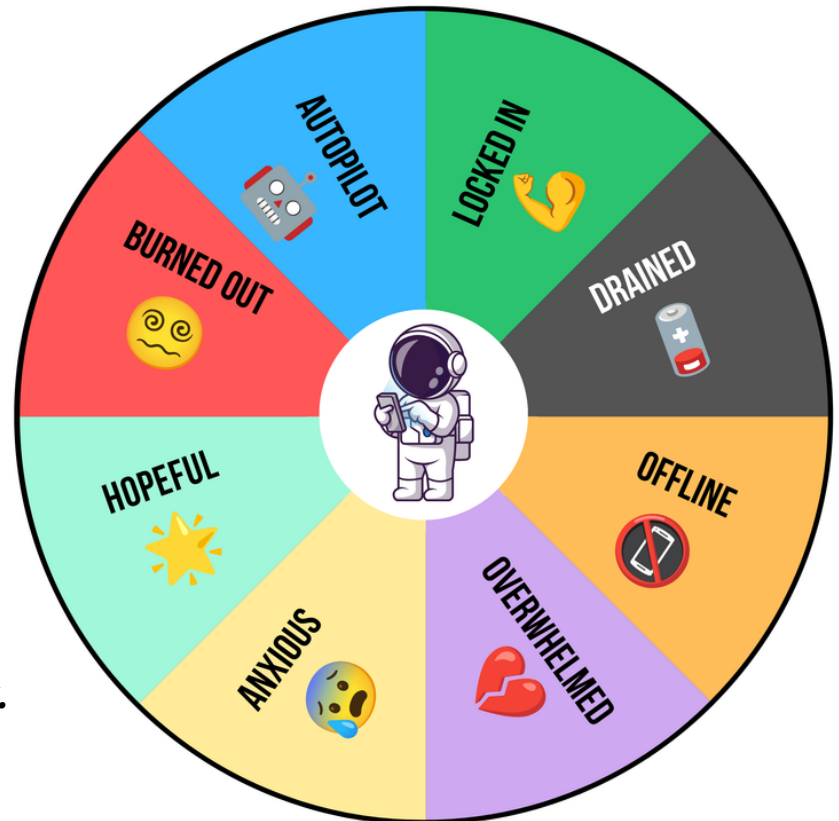
If they want Interact you can go to the second level of the wheel for deeper insight into the feeling or have your own organic conversation.

L LEAVE THE LIGHT ON

If they don't respond or choose Mute send one follow up text:

Here are some examples:

- "No rush. I'm here when you're ready."
- "Offer for (vent, snack, game, etc) still stands whenever you need it."
- "It's fine that you'd like quiet—I've got you either way."





THE REAL CHECK-IN™

SIGNALS AND WHAT THEY'RE REALLY SAYING

The emojis are an entry way, but usually there is more behind it that perhaps they just don't have the words for yet. This is a signal guide behind the emojis and what that signal REALLY means they need.

BURNED OUT 🤯

THE GOAL: SOLIDARITY & REDUCTION.

- **THE VIBE:** BE AN ALLY. THEY FEEL ATTACKED BY LIFE; DON'T LET THEM FEEL ATTACKED BY QUESTIONS.
- **THE LOGIC:** THEY NEED THE "PILE" OF STRESS TO GET SMALLER AND SOMEONE TO BE "MAD" AT THE SITUATION WITH THEM.

DRAINED 🔋 / AUTOPILOT 🤖

THE GOAL: REGULATION & RESOURCE REFILL.

- **THE VIBE:** BE A POWER STATION THEIR "CPU" IS MAXED OUT OR EMPTY.
- **THE LOGIC:** THEY NEED "DECISION-FREE" SUPPORT. PROVIDE FUEL (SNACKS) OR PERHAPS ASK WHAT YOU CAN TAKE OFF THEIR PLATE.

ANXIOUS 😰 / OVERWHELMED 💔 / OFFLINE 🚫

THE GOAL: PROXIMITY & GROUNDING.

- **THE VIBE:** BE A SAFE HARBOR. THEY ARE SPIRALING IN THE FUTURE OR SINKING IN THE PAST.
- **THE LOGIC:** THEY NEED TO KNOW YOU ARE PHYSICALLY THERE AND "THE LIGHT IS ON," BUT THEY DON'T HAVE THE WORDS TO EXPLAIN WHY YET.

LOCKED IN 💪 / HOPEFUL ✨

THE GOAL: AMPLIFICATION OF THE POSITIVE

- **THE VIBE:** BE A FAN!
- **THE LOGIC:** THEY ARE IN A HIGH-PERFORMANCE STATE. ACKNOWLEDGE THE "WIN" WITH THEM.

NOTE: EVERY TEEN PROCESSES DIFFERENTLY. THIS GUIDE IS A STARTING POINT, NOT A SCRIPT. WHEN THEY ARE IN A REGULATED SPACE, USE THE 'INTERACT' MODE TO ASK THEM HOW THEY PERSONALLY DEFINE THESE SIGNALS. THEIR "DRAINED" MIGHT FEEL DIFFERENT THAN YOURS.

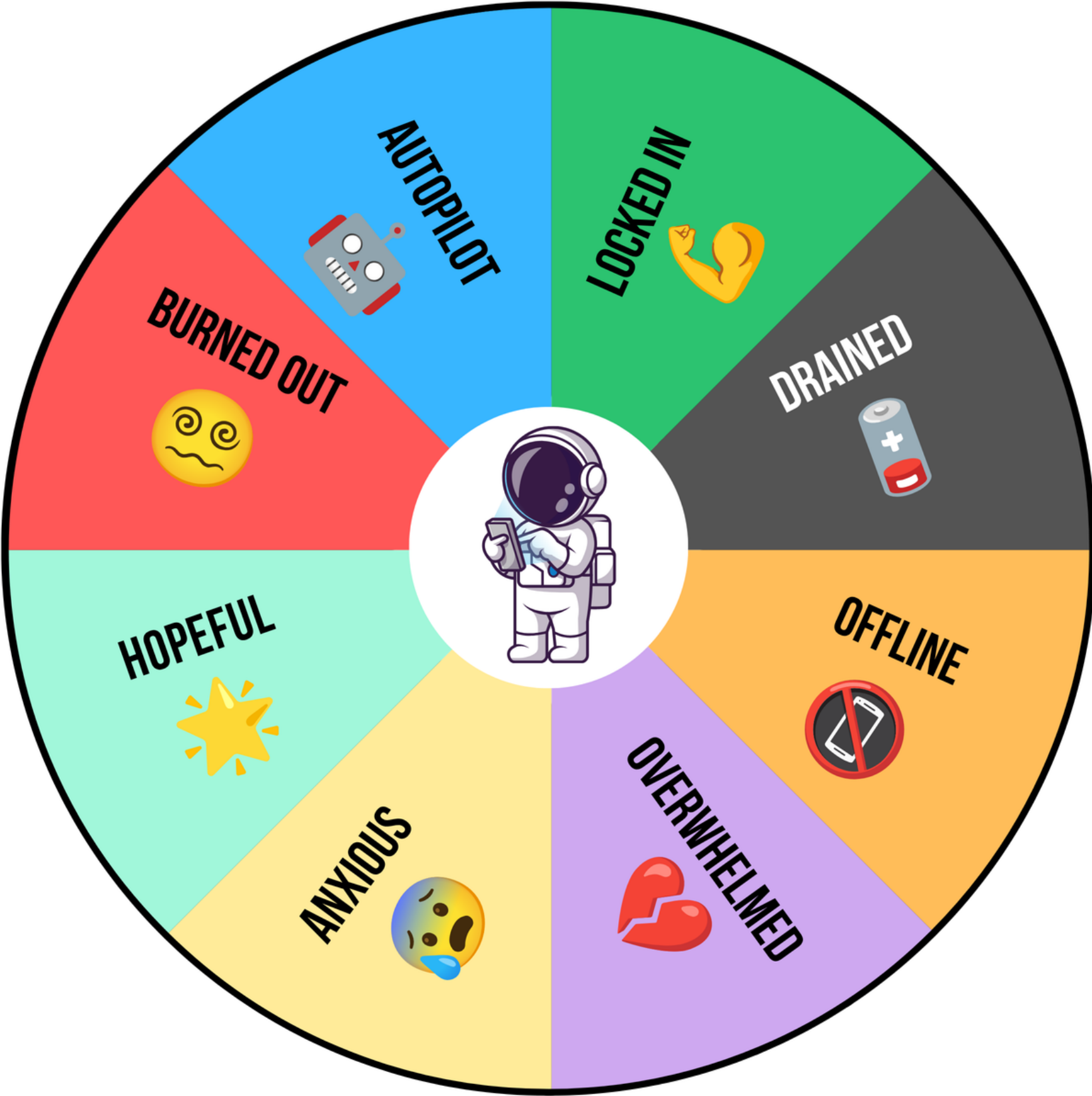
BE REAL...HOW YOU FEEL?

REACH OUT
HOW YOU FEEL?

ECHO THE SIGNAL
YOU'RE OVER IT. I UNDERSTAND THAT.

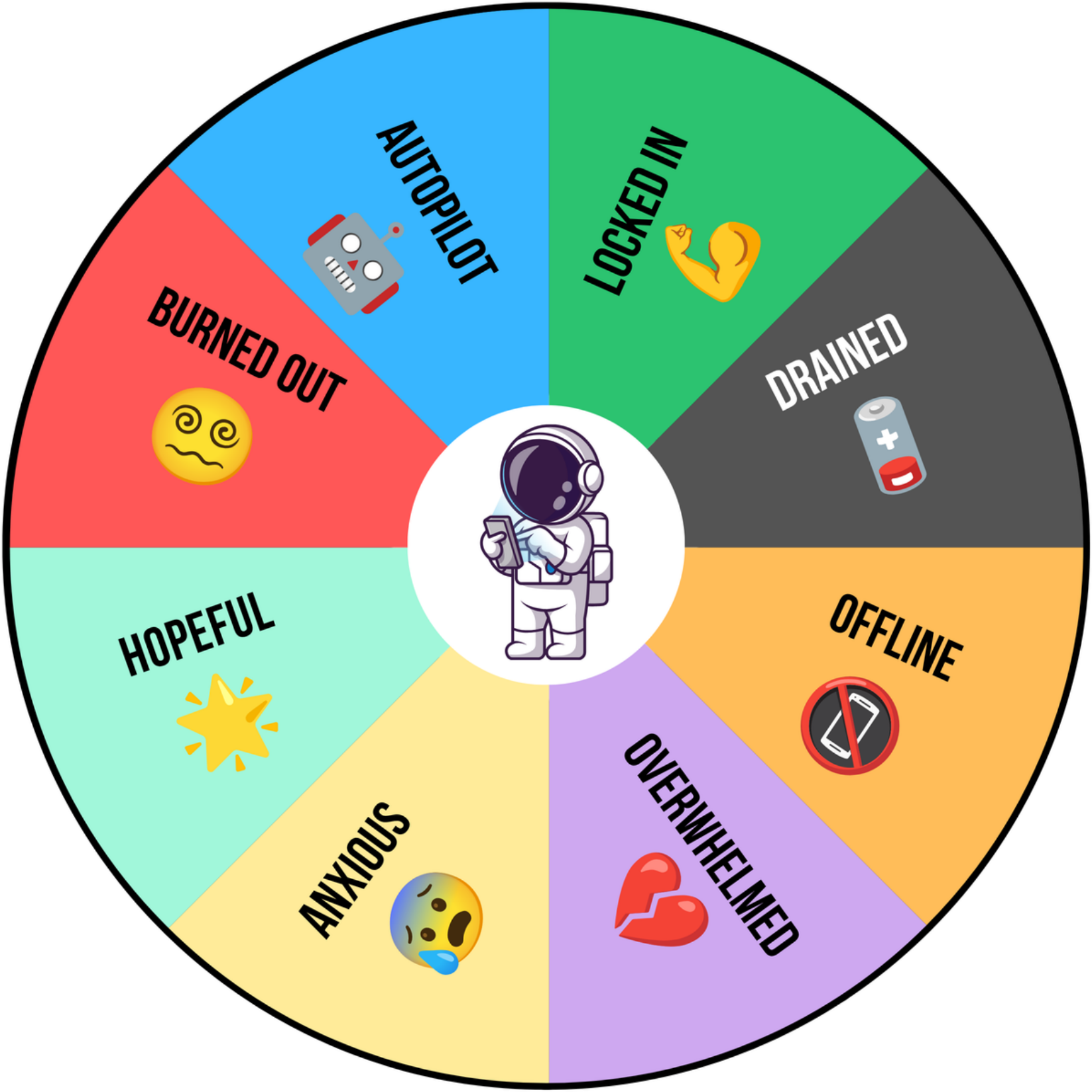
ACTIVATE SUPPORT
MUTE/SNACK/INTERACT

LEAVE THE LIGHT ON
NO RUSH. I'M HERE WHEN YOU'RE READY.



NO WORDS NEEDED...JUST DROP AN EMOJI

BE REAL...HOW YOU FEEL?



NO WORDS NEEDED...JUST DROP AN EMOJI