

Emotional Check-in Worksheet

Name: _____

Date: _____

Take a few moments to reflect on how you're feeling. If you notice you're feeling any negative emotions, take a deep breath and begin writing how you feel.

My overall mood today is:

- Happy
- Sad
- Overwhelmed
- Content
- Anxious
- Stressed
- Angry
- Other: _____

Was there anything that happened today that triggered these emotions?

If you had a therapy session today, what emotions did you focus on?

In the past week I have been feeling:

At the next session I hope to focus on:

Additional Notes: