

# 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:**