

Emotional Check-In Worksheet

Name: _____ **Date:** _____

Take a few moments to pause and reflect on your current emotional state. Remember that you may be experiencing multiple emotions simultaneously, and that's completely normal. Rate the intensity of each emotion you're feeling on a scale of 1 (mild) to 5 (intense). If you need help identifying your emotions, explore the categories below:

Positive emotions

- Happy, joyful, delighted, cheerful, elated, excited
- Content, peaceful, satisfied, relaxed, calm, at ease
- Proud, accomplished, confident, successful, capable
- Grateful, thankful, appreciative, blessed, fortunate
- Inspired, motivated, energized, creative, enthusiastic
- Hopeful, optimistic, eager, looking forward, positive

Challenging emotions

- Sad, down, gloomy, disappointed, heartbroken, blue
- Overwhelmed, stretched thin, swamped, pressured, overloaded
- Anxious, worried, nervous, uneasy, tense, apprehensive
- Stressed, drained, exhausted, burnt out, fatigued
- Angry, frustrated, irritated, annoyed, agitated, furious
- Fearful, scared, afraid, uncertain, insecure, vulnerable

Complex emotions

- Nostalgic, reminiscent, wistful, longing, sentimental
- Confused, puzzled, unsure, conflicted, bewildered
- Numb, disconnected, empty, detached, indifferent
- Restless, fidgety, antsy, uncomfortable, on edge
- Surprised, amazed, astonished, shocked, startled
- Curious, interested, intrigued, fascinated, wonder

Other emotions:

Now, elaborate on your emotions, their triggers, and their intensity.

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Where do you feel these emotions in your body? (Mark the sensations.)

- ☐ Tight chest
- ☐ Shoulder tension
- ☐ Stomach butterflies
- ☐ Racing heart
- ☐ Other:

What triggered these feelings?

What are your thoughts about having these feelings?

How do you intend to act on these emotions?

If you need support, you will:

Personal reflection