

Emotional Check-in Worksheet

Name: _____ Date: _____ dd / mm / yyyy

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