EMOTIONS CHECK-IN

What Do I Feel?

This check-in is a chance to pause, name what you feel, and consider what you need.

1. Pause and notice

Take one slow breath. Notice your body, thoughts, and energy without judging what you find.

2. Name what you feel

There is no “right” feeling, and more than one emotion can be present at once.

What am I feeling right now?

How strong is this feeling right now?

1 Low	2 Mild	3 Moderate	4 Very Strong	5 Extreme

What physical sensation am I noticing in my body right now? (For example: tension, heaviness, restlessness, stiffness)

Where am I noticing this in my body right now? (For example: shoulders, chest, neck.)

What thoughts or situations have been occupying my mind?

What coping strategy will help me clear some mental space?

This worksheet is intended for reflection and skill-building and is **not** a substitute for individualized mental health care with a licensed professional.

UNDERSTAND WHAT YOU NEED

Emotions can offer information about what matters to you. You can listen to a feeling without letting it make every decision.

3. Get curious

What might this feeling be responding to? Is there a situation, thought, memory, or unmet need connected to it?

If this feeling could tell me something, what might it be asking me to notice?

4. Identify what you need

Do I need rest, reassurance, connection, space, clarity, support, movement, a boundary, or something else?

5. Choose one supportive next step

Aim for a small, realistic action—not a perfect solution. You can revisit this check-in later.

Right now, I need...

One thing I can do for myself in the next 24 hours is...

A kind or balanced thing I can remind myself is...

Remember: Feelings are experiences, not failures. You can acknowledge what you feel and still choose how you respond.

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