

Emotional Check-In

Name: _____ Date: _____

Calm	Surprised	Bored	Hurt
Content	Startled	Cranky	Disappointed
Jolly	Unsure	Distracted	Sad
Satisfied	Apprehensive	Aggravated	Distraught
Relaxed	Afraid	Irritated	Grief
Happy	Confused	Upset	Depressed
Giddy	Concerned	Frustrated	Despair
Interested	Nervous	Angry	
Enthusiastic	Anxious	Distaste	
Overjoyed	Worried	Disbelief	
Excited	Afraid	Disgusted	
Mesmerized	Astonished	Irate	
Amazed	Awed	Apathetic	
Thrilled	Terrified	Contemptuous	
Fixated	Frantic	Bitter	
Exuberant	Hysterical	Disdain	
Obsessed		Loathing	
		Enraged	

Today, I am feeling _____ because _____

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Name: _____ Date: _____

Today, I am feeling _____ because _____

Name: _____

BREAKING DOWN OUR THOUGHTS

Directions: Choose a thought that has caused you to worry or given you anxiety and write it in the space below.

Use the questions below to examine and break down the thought. Ask yourself:

"Is my thought based on a feeling or an actual fact?"

"Is it possible for my thought to come true?"

"What's the worst that can happen if it does come true?"

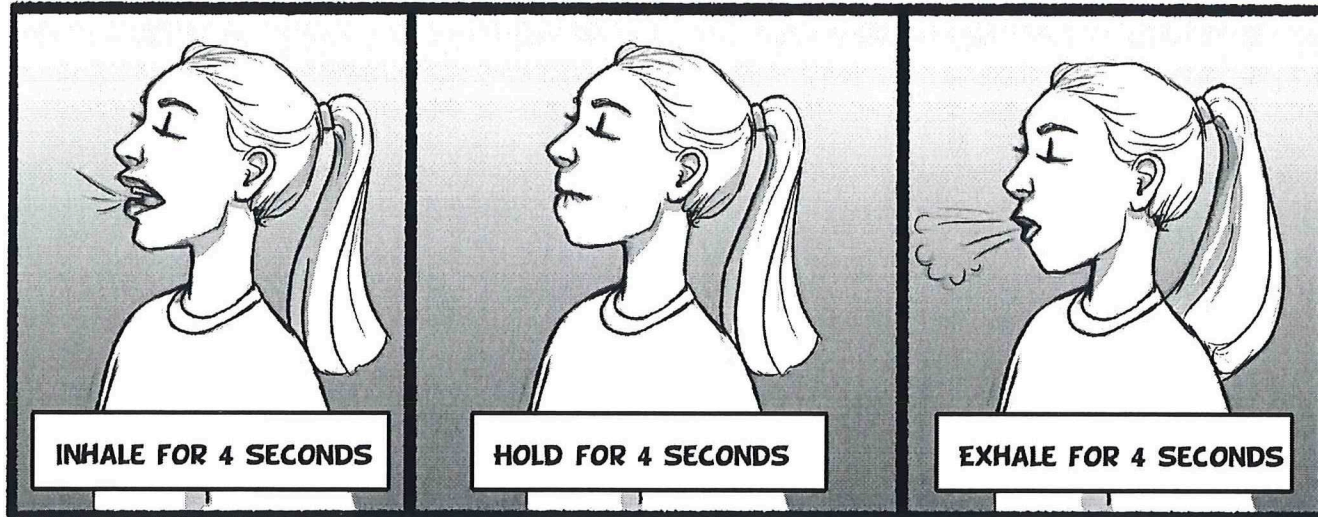
"Will it still matter to me tomorrow or in the future?"

"What can I do to handle the situation in a positive way?"

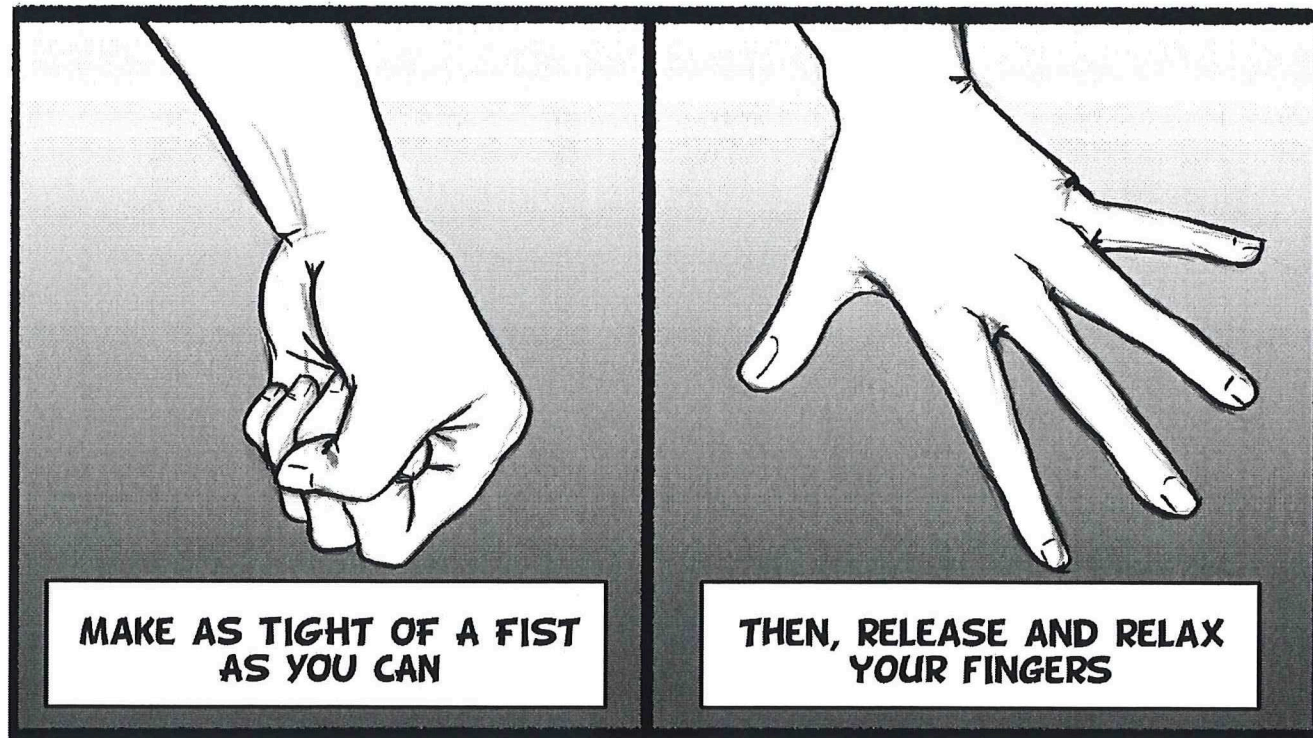
Name: _____

Use the strategies below the next time you feel a situation is causing anxiety:

DEEP BREATHING



HAND CLENCHING



DO THIS 2-3 TIMES