

Check-in:

Date _____ Time _____ Next check-in time _____

Assess:

Right now I am feeling... (make a list of the emotions you can identify in yourself)

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After you have made the list, circle the three emotions that feel the strongest to you.

Rate:

On a scale of 1 to 10 (1 - very manageable, 10 - as overwhelming as you've ever felt)

Emotion _____ Rating _____

Emotion _____ Rating _____

Emotion _____ Rating _____

Evaluate:

What events or circumstances contributed to these feelings?

What is making the feeling stronger than usual?

What coping skills can I use to bring my feelings back under control?
