

# Emotional Check-In

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Today, I am feeling \_\_\_\_\_ because \_\_\_\_\_

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