



Feelings Check-In

Name: _____

Date: _____

Right now, I'm feeling...

Content	Pleased	Happy	Delighted	Cheerful	Excited	Elated
Disappointed	Sad	Upset	Unhappy	Let down	Crushed	Heartbroken
Confused	Surprised	Worried	Nervous	Concerned	Frightened	Panicked
Bothered	Annoyed	Irritated	Frustrated	Angry	Furious	Irate
Calm	Proud	Grateful	Relaxed	Relieved	Energetic	Silly

I feel this way because...

Something that might help is...

Anything else I'd like to share: