

# Tool 4.1: Emotional check-in

Date:

Mark each thick line below to show how you're feeling today.

Keeping a record of your emotional state will let you monitor it over time. Consider recording your scales in a journal.

Hopeless

Hopeful

0 1 2 3 4 5 6 7 8 9 10

Lonely

Connected

0 1 2 3 4 5 6 7 8 9 10

Unsafe

Safe

0 1 2 3 4 5 6 7 8 9 10

Helpless

Empowered

0 1 2 3 4 5 6 7 8 9 10

Anxious

Calm

0 1 2 3 4 5 6 7 8 9 10

Frustrated

Content

0 1 2 3 4 5 6 7 8 9 10

Exhausted

Motivated

0 1 2 3 4 5 6 7 8 9 10