

Feelings Check-In

Four steps to name a feeling, rate it, find it in your body and choose what you need.

1. Name it

Circle what fits, or write your own. More than one is okay.

Happy Calm Grateful Hopeful Proud Excited
Sad Lonely Tired Disappointed Hurt Numb
Worried Nervous Overwhelmed Scared Restless
Angry Frustrated Irritated Jealous Embarrassed

2. Rate it

How strong is it right now? 0 1 2 3 4 5 6 7 8 9 10

3. Find it in your body

Where do you notice it? Check any that fit.

- ☐ Head / face
- ☐ Throat / jaw
- ☐ Chest / heart
- ☐ Stomach
- ☐ Shoulders / back
- ☐ Hands / arms
- ☐ Legs / feet

What does it feel like? (tight, heavy, buzzy, warm...)

4. Choose what you need

- ☐ Rest or a break
- ☐ Talk to someone I trust
- ☐ Move my body
- ☐ Breathe or ground myself
- ☐ Cry, write or let it out

Something else:
