

Emotional Check in

Name: _____

Date: _____

Calm	Surprised	Enraged
Content	Startled	Distracted
Jolly	Unsure	Aggravated
Satisfied	Apprehensive	Upset
Relaxed	Confused	Angry
Happy	Afraid	Disgusted
Giddy	Nervous	Apathetic
Interested	Anxious	Bitter
Enthusiastic	Worried	Disdain
Overjoyed	Affraid	Loathing
Excited	Astonished	Hurt
Mesmerized	Awed	Disappointed
Amazed	Terrified	Grief
Thrilled	Frantic	Depressed
Fixated	Hysterical	Despair
Exuberant	Bored	Sad
Obsessed	Cranky	Loathing

Today, i am feeling _____ because
