



How Am I Feeling Right Now?



A Check-In Worksheet for Teens & Their Parents

www.HerPathCounseling.com

The teen and parent each get a worksheet to fill out. Share as much — or as little — as you feel ready to.

Name: _____

Date: _____

❖ PART ONE: The Feeling Wheel ❖

Circle the words that feel true for you right now. You can circle more than one.

SAD <input type="radio"/> Lonely <input type="radio"/> Hopeless <input type="radio"/> Disappointed <input type="radio"/> Empty <input type="radio"/> Hurt <input type="radio"/> Grief	ANGRY <input type="radio"/> Frustrated <input type="radio"/> Irritated <input type="radio"/> Resentful <input type="radio"/> Betrayed <input type="radio"/> Furious <input type="radio"/> Annoyed	ANXIOUS <input type="radio"/> Worried <input type="radio"/> Overwhelmed <input type="radio"/> Panicky <input type="radio"/> Tense <input type="radio"/> Uneasy <input type="radio"/> Dread
HAPPY <input type="radio"/> Grateful <input type="radio"/> Excited <input type="radio"/> Hopeful <input type="radio"/> Proud <input type="radio"/> Joyful <input type="radio"/> Peaceful	CONFUSED <input type="radio"/> Lost <input type="radio"/> Unsure <input type="radio"/> Torn <input type="radio"/> Numb <input type="radio"/> Disconnected <input type="radio"/> Foggy	LOVED <input type="radio"/> Seen <input type="radio"/> Safe <input type="radio"/> Understood <input type="radio"/> Accepted <input type="radio"/> Warm <input type="radio"/> Supported

❖ PART TWO: Body Check-In ❖

Our bodies hold emotions too. Where do you feel it physically today?

Head / Mind Feels: _____	Chest / Heart Feels: _____	Stomach / Gut Feels: _____
Shoulders / Neck Feels: _____	Jaw / Face Feels: _____	Hands / Legs Feels: _____

❖ PART THREE: Rate Your Day ❖

Circle your number for each one:

Overall mood today (circle) 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10



Energy level (circle) 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Stress level (circle) 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

❖ **PART FOUR: What's On My Mind** ❖

Something that's been on my mind lately...

One thing I wish someone knew about how I'm feeling...

One thing that would help me feel better right now...

❖ **PART FIVE: What I Need Right Now** ❖

Check all that apply:

- A hug or physical comfort
- To be heard without advice
- Alone time to decompress
- Help problem-solving
- Distraction and fun
- Encouragement
- Space to just feel it
- Someone to sit with me quietly

❖ **PART SIX: A Note to Each Other (Optional)** ❖

After filling this out, you can exchange worksheets — or just share one thing you noticed.



Teen's note or drawing to Parent:

Parent's note or drawing to Teen:

"Feelings are information, not facts. You don't have to have it all figured out."

Just showing up for this check-in is an act of love.