

Emotion Check-In Form

A between-session continuity worksheet for mood, affect, cue, and what helped.

Use when

The client can name affect without becoming flooded, and the next session needs concrete data rather than a memory test.

Weekly check-in

Date	Mood 0-10	Affect named	Cue or situation	What helped

Pattern review

Repeated cues or settings

Skills that helped more than once

One adjustment for next week