

# Daily Check-In: Mood and Well-being Worksheet

## Instructions:

Engaging with the Daily Check-In worksheet is a step towards understanding and managing your emotions after experiencing betrayal.

To optimize its benefits, start by finding a quiet moment each day, preferably in the morning, afternoon, and evening, to truly reflect on your feelings and experiences. It's essential to be honest with yourself, even if the emotions you're feeling are uncomfortable or unfamiliar.

Recognize that there are no 'right' or 'wrong' feelings; this tool is designed to capture the authenticity of your journey. If you notice persistent negative patterns or intensifying emotional distress, don't hesitate to seek professional help or confide in someone you trust.

Lastly, remember to be gentle with yourself. Healing takes time, and this worksheet is a tool to support that journey, not rush it.

**Date:** \_\_\_\_\_

## 1. Morning Reflection:

Mood Descriptor (circle one): Happy | Sad | Angry | Hopeful | Anxious | Neutral |  
Other: \_\_\_\_\_

Intensity (1-10, with 10 being the most intense): \_\_\_\_\_

Brief note about what might be influencing your mood:

## **2. Physical Well-being:**

Did you get enough sleep last night? (circle one): Yes | No

Energy level (1-10, with 10 being full of energy): \_\_\_\_\_

Any physical symptoms or discomfort today? (e.g., headache, stomachache, fatigue): \_\_\_\_\_

## **3. Interactions and Triggers:**

Number of times today you were reminded or thought about the betrayal:

\_\_\_\_\_

How did you cope or handle these thoughts/feelings?

Any specific events or interactions today that affected your mood? Describe briefly:

#### **4. Afternoon Reflection:**

Mood Descriptor (circle one): Happy | Sad | Angry | Hopeful | Anxious | Neutral |

Other: \_\_\_\_\_

Intensity (1-10, with 10 being the most intense): \_\_\_\_\_

Brief note about what might be influencing your mood:

#### **5. Evening Reflection:**

Mood Descriptor (circle one):\*\* Happy | Sad | Angry | Hopeful | Anxious |

Neutral | Other: \_\_\_\_\_

Intensity (1-10, with 10 being the most intense): \_\_\_\_\_

What self-care activities did you engage in today? (e.g., reading, walking, meditation):

## 6. Overall Reflection for the Day:

Positive moments or achievements today:

Challenges or difficulties faced:

One thing I hope for or look forward to tomorrow:

Closing thought or affirmation:

*\*Note: This worksheet is intended to be a supportive tool for those navigating the difficult terrain of betrayal and its emotional aftermath. Remember that healing is full of emotional ups and downs, and every day might feel different. Take this one day at a time and consider seeking professional guidance if you find yourself struggling consistently.*