Everyday Check-In

A private space to notice what is on your mind.

1. What is happening today?

Describe one situation in everyday words. You do not need to name a diagnosis.

2. What am I noticing?

Note feelings, thoughts, or changes in energy. Skip anything you prefer not to write.

3. What do I know, and what am I guessing?

Separate the facts you have from the questions that remain unanswered.

4. What would be useful next?

Name one manageable action or one person you could ask for support.

For general education only, not a substitute for therapy, diagnosis, or medical care. These prompts are optional. Stop if completing them increases distress and seek appropriate support. This worksheet is not monitored; keep completed notes private. If you are in crisis, call or text 988. If you are in immediate danger, call 911.