

Emotional Recovery Check-In

Notice what is happening emotionally—not just physically.

Recovery can bring frustration, fear, sadness, anger, uncertainty, relief, confidence, hope, and exhaustion. This check-in is a place to notice patterns, put difficult feelings into words, and decide what kind of support may help.

Date:

Right Now I Feel...	Not Much	Some	A Lot	What I Notice
Frustrated / impatient				
Worried / afraid				
Sad / discouraged				
Angry / fed up				
Uncertain about the future				
Emotionally exhausted				
Hopeful / encouraged				
More confident				

The feeling taking up the most space today:

What Is Weighing on Me?

A difficult feeling can have more than one source. Naming what is underneath it may make it easier to explain what you need—or simply understand why today feels harder.

What May Be Affecting Me	What Is Happening for Me
Pain, symptoms, or physical limitations	
Uncertainty, waiting, or changing plans	
Loss of independence or privacy	
Changes in work, family, or responsibilities	
Appointments, treatment, or being tired of being a patient	
Fear of another setback	
Changes in appearance, confidence, or trust in my body	
Something else	

What feels hardest to carry right now:

Something I wish the people around me understood:

What Helps Me Emotionally?

Support does not look the same for everyone. Notice what actually helps you—not what you think should help.

What Helps	Helps Me	Want to Try	Notes
Talking with someone I trust			
Quiet time by myself			
Family or friends			
Prayer, reflection, meditation, or another personal practice			
Music, reading, hobbies, or entertainment			
Being outdoors or changing my surroundings			
Recognizing progress I have made			
Rest or a break from recovery tasks			

Something that usually makes a difficult day more manageable:

Something I need more of right now:

Confidence, Fear & Trusting My Body

Confidence may return unevenly. Being cautious after pain, complications, or a setback can be understandable. The goal is not to ignore concerns, but to separate what needs professional guidance from fear that may be limiting you unnecessarily.

Something I feel more confident doing now:

Something I am still nervous or uncertain about:

A sensation, activity, or situation that tends to trigger worry:

What my healthcare team has told me is safe, expected, or worth reporting:

What would help me feel better prepared instead of simply avoiding it:

A recent experience that reminded me I am making progress:

People I Can Turn To

You do not have to share every feeling with everyone. Identify people you can turn to for the kind of support you actually want.

Person / Professional / Resource	What I Could Ask Them For	How to Reach Them

When I am having a difficult day, it helps when someone:

Something people do that is NOT helpful to me:

A conversation I want to have:

The person I am most likely to contact first:

When I Need More Support

Difficult days, frustration, fear, discouragement, impatience, or feeling fed up do not automatically mean depression or another mental-health condition. But persistent, worsening, or overwhelming distress deserves attention just as physical concerns do.

Something I Want to Notice or Discuss	My Notes
Sadness, hopelessness, or discouragement that is not lifting	
Loss of interest or pleasure in things that usually matter to me	
Withdrawing from people or support	
Difficulty concentrating or making decisions	
Sleep or appetite changes I want my care team to know about	
Fear, anxiety, or emotional distress interfering with daily life	

A feeling or concern I want to discuss with a healthcare professional:

Healthcare professional, counselor, therapist, or support resource I can contact:

If you are thinking about harming yourself, wishing you were dead, or do not feel safe, seek immediate help. In the U.S., call or text 988 for the Suicide & Crisis Lifeline. Call 911 or go to the nearest emergency department when immediate emergency care is needed.

My Emotional Recovery — Looking Forward

Looking forward does not require pretending recovery has been easy. Use this page to recognize what you have carried, what you are rebuilding, and what you want to take with you into the next part of recovery.

Something I have handled better than I expected:

Something recovery has taught me about what I need:

A part of my ordinary life I want to reconnect with:

Something I am looking forward to:

Something that gives me hope right now:

A reminder I want to give myself on a hard day:

One emotional-support step I will take next:

Date I want to check in again:

This check-in is for reflection and organization. It is not a mental-health screening tool and does not diagnose depression, anxiety, or another condition. Bring concerns to an appropriate healthcare or mental-health professional.