
Emotional Health Self-Assessment Worksheet

Purpose: Help individuals evaluate their emotional well-being and identify patterns.

Client Name: _____

Date: _____

Step 1: Emotional Well-Being Rating

Rate the following areas on a scale of 1-5 (1 = very poor, 5 = excellent).

- ☐ Overall Mood: ☐1 ☐2 ☐3 ☐4 ☐5 _____
- ☐ Stress Management: ☐1 ☐2 ☐3 ☐4 ☐5 _____
- ☐ Sleep Quality: ☐1 ☐2 ☐3 ☐4 ☐5 _____
- ☐ Relationships & Social Support: ☐1 ☐2 ☐3 ☐4 ☐5 _____
- ☐ Sense of Purpose & Motivation: ☐1 ☐2 ☐3 ☐4 ☐5 _____

Step 2: Emotional Triggers

Check all that apply.

- ☐ Work/School Stress _____
- ☐ Financial Issues _____
- ☐ Family Conflicts _____
- ☐ Loss/Grief _____
- ☐ Trauma History _____
- ☐ Substance Use _____
- ☐ Isolation _____

Reflection:

1. What is one thing that improves your mood? _____
2. What is one thing that negatively affects it? _____
3. What is one action you can take this week to improve emotional health? _____