

FREE

THERAPY

PREP

WORKSHEET

Mental Health Printable | Mood Check-In | Reflection Form
Prep with clarity. Reflect with care.

Includes reflection prompts, mood check, and a gentle weekly reset

Let's Check In: A Quick Therapy Prep Form
Supporting your healing by making space for reflection before we begin

Section 1: What's Present Today?
Today I'm feeling: Calm Stressed Sad Anxious Angry Tired
 Hopeful Other _____
Words that describe my mental/emotional state: _____
Since our last session, things have felt: Better Worse About the same
One word/phrase that captures how I'm feeling today? _____

Section 2: Highlights & Challenges
A win or highlight since last time: _____
A struggle or challenge since last time: _____
Something that surprised me: _____

Section 3: What I Want to Focus on Today
What's on your mind? _____
Is there anything you've been avoiding but want support with? If yes, describe: _____
A topic, feeling, or pattern I'd like to explore: _____

Section 4: Self-Care Check
Sleep: Poor Fair Good
Movement: None Some Regular
Eating: Skipping Balanced Overeating
Boundaries: Strong Struggling Not sure
I've been taking care of myself by: _____

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Let's Check In: A Quick Therapy Prep Form

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Section 1: What's Present Today?

Today I'm feeling: Calm Stressed Sad Anxious Angry Tired
 Hopeful Other _____

Words that describe my mental/emotional state: _____

Since our last session, things have felt: Better Worse About the same

One word/snapshot that captures how I'm arriving today? _____

Section 2: Highlights & Challenges

A win or highlight since last time: _____

A struggle or stuck point: _____

Something that surprised me: _____

Section 3: What I Want to focus on Today

What's on your mind? _____

Is there anything you've been avoiding but want support with? If yes, Describe:

A topic, feeling, or pattern I'd like to explore: _____

Section 4: Self-Care Check

Sleep: Poor Fair Good

Movement: None Some Regular

Eating: Skipping Balanced Overeating

Boundaries: Strong Struggling Not sure

I've been taking care of myself by: _____

Looking Back, Looking Ahead

Reflection

A space to review what stuck with you from our last session.

One insight or moment that stayed with me:

I noticed myself using or thinking about this tool/strategy:

Something I'd like to keep working on:

Moving Forward

Tune into what support or intention you'd like to carry with you.

A feeling or need I want to name:

One small step I can take this week:

Support I might need (from myself or others)
