



## 7 questions for emotional check-in

On a scale of 1-10 circle how you feel about the following questions, with 1 being the lowest and 10 being the greatest.

1. How stressed are you?

1 2 3 4 5 6 7 8 9 10 (10 being very stressed)

2. How is your mood?

1 2 3 4 5 6 7 8 9 10 (10 being great)

3. How angry do you get?

1 2 3 4 5 6 7 8 9 10 (10 being very angry)

4. How tearful do you feel?

1 2 3 4 5 6 7 8 9 10 (10 being very tearful)

5. Do you withdraw from people?

Yes / Sometimes / No

6. Are you sleeping well?

Yes / Sometimes / No

7. Are you getting adequate food and non-alcoholic drinks to nourish you?

Yes / Sometimes / No

Now that you have completed the scale, which gauges how you feel the Transformative Path will support your journey. Please apply the tools accordingly that resonate with you.

We are here to support you.



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