

# DAILY EMOTIONAL SOBRIETY WORKSHEET

Building Emotional Awareness and Regulation in Recovery [www.SoberSpeak.com](http://www.SoberSpeak.com)

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Date: \_\_\_\_\_ Days in Recovery: \_\_\_\_\_ Time Completed: \_\_\_\_\_

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## MORNING EMOTIONAL CHECK-IN

How am I feeling right now? (Check all that apply)

- ☐ Calm ☐ Anxious ☐ Hopeful ☐ Sad ☐ Angry ☐ Grateful  
☐ Lonely ☐ Confident ☐ Overwhelmed ☐ Peaceful ☐ Frustrated ☐ Excited

Rate your overall emotional well-being right now (1 = Very Poor, 10 = Excellent):

1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10

Circle your rating: **1 2 3 4 5 6 7 8 9 10**

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## TODAY'S EMOTIONAL GOALS

One emotional goal for today:

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Three things I'm grateful for today:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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## EMOTIONAL AWARENESS & TRIGGERS

What situations or thoughts might challenge my emotional sobriety today?

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If I experience intense emotions today, my healthy coping strategies will be:

☐ Deep breathing ☐ Take a walk ☐ Call support person ☐ Journaling ☐ Meditation/Prayer ☐  
Attend a meeting ☐ Listen to music ☐ Physical exercise ☐ Read recovery literature

Other coping strategy: \_\_\_\_\_

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## EVENING REFLECTION

How did I handle my emotions today? What went well?

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What emotions did I experience most today?

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Rate your emotional balance today (1 = Very Unbalanced, 10 = Very Balanced):

Circle your rating: 1 2 3 4 5 6 7 8 9 10

Tomorrow I will focus on improving:

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## EMERGENCY SUPPORT CONTACTS

**Sponsor/Mentor:** \_\_\_\_\_

**Therapist/Counselor:** \_\_\_\_\_

**Trusted Friend:** \_\_\_\_\_

**Crisis Hotline:** 988 (Suicide & Crisis Lifeline)

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**REMEMBER:** Emotional sobriety is a daily practice. Be patient and compassionate with yourself as you grow.

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*"Progress, not perfection" - Focus on growth over getting everything right*

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## INSTRUCTIONS FOR USE:

### **How to Use This Worksheet**

- **Print:** Print this page and fill out by hand daily
- **Digital:** Save as a document and type your responses
- **Daily Practice:** Complete morning section when you wake up, evening section before bed
- **Privacy:** Your responses are completely private
- **Consistency:** Try to use this worksheet every day for best results

### **Making It Your Own**

- Add additional emotions that resonate with you
- Include personal coping strategies that work
- Modify questions to fit your recovery journey
- Create multiple copies for ongoing use

### **When to Seek Help**

- If you rate your emotional well-being below 4 consistently
- When you're struggling to identify healthy coping strategies
- If thoughts of using substances arise
- When you feel overwhelmed and unable to cope

### **Tips for Success**

- Keep it nearby (bedside table, desk, phone notes)
- Set daily reminders to complete it
- Share insights with your sponsor, therapist, or support group
- Track patterns over time to see your growth
- Be honest in your responses - this is for you

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**For more recovery resources and support, visit [www.SoberSpeak.com](http://www.SoberSpeak.com)**