

MOOD LOG

INSTRUCTIONS

The purpose of tracking your emotions as they change throughout the week is to help you gain some understanding of times that you are prone to feeling that way, and to help you gauge the intensity and frequency of your mood changes. This can help you to tailor your responses (such as when you will use the exercises and strategies learned in this group) to your own emotions in ways that will help you stay in control and navigate when the emotional waters get rough. If you feel comfortable doing so, you may want to share this log with your support person and/or treatment provider when it is completed to get their input and help them to understand your mood swings from your perspective.

For one week, use this mood log to help you track your mood swings. For each day, track what emotions you felt and how intensely you felt them. Do this by placing a letter in the box next to the number that indicates how intense the emotion was. For example, if it is Monday and you are feeling very mad, you would place an "M" in the box under Monday and next to one of the high numbers (8, 9, or 10, depending on just how mad you feel.) Use "D" for depressed, "A" for anxious, "M" for mad, "O" for other, or make up your own symbols for your own unique emotions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 (extreme)							
9							
8							
7							
6							
5 (moderate)							
4							
3							
2							
1 (mild)							