



DAILY/WEEKLY MOOD CHART

Client Name: _____ Date(s): _____

Overall, what number would you give for the following moods/emotions during this time period on a scale of 0 to 100 (0 = complete absence of the emotion, 50 = a moderate level of the emotion, and 100 = the most of this emotion that you think you could feel in one day)

Anxiety/Fear/Worry: _____

Depression/Sadness: _____

Anger/Irritability: _____

Were there any events or experiences that you think contributed to these moods or emotions? If so, what were they? (Consider completing a thought record for these events).

Is there anything you did this day/week that you think helped you to feel or cope well?
