

HANDOUT 4.2

Mood Monitoring Form with Three Feelings

Sunday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Monday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Tuesday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Wednesday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Thursday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Friday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1
Saturday	Happy	10	9	8	7	6	5	4	3	2	1
	Calm	10	9	8	7	6	5	4	3	2	1
	Relaxed	10	9	8	7	6	5	4	3	2	1

Positive thoughts or activities that made me happy, calm, or relaxed: _____

Negative thoughts or activities that made me sad, mad, or anxious: _____

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