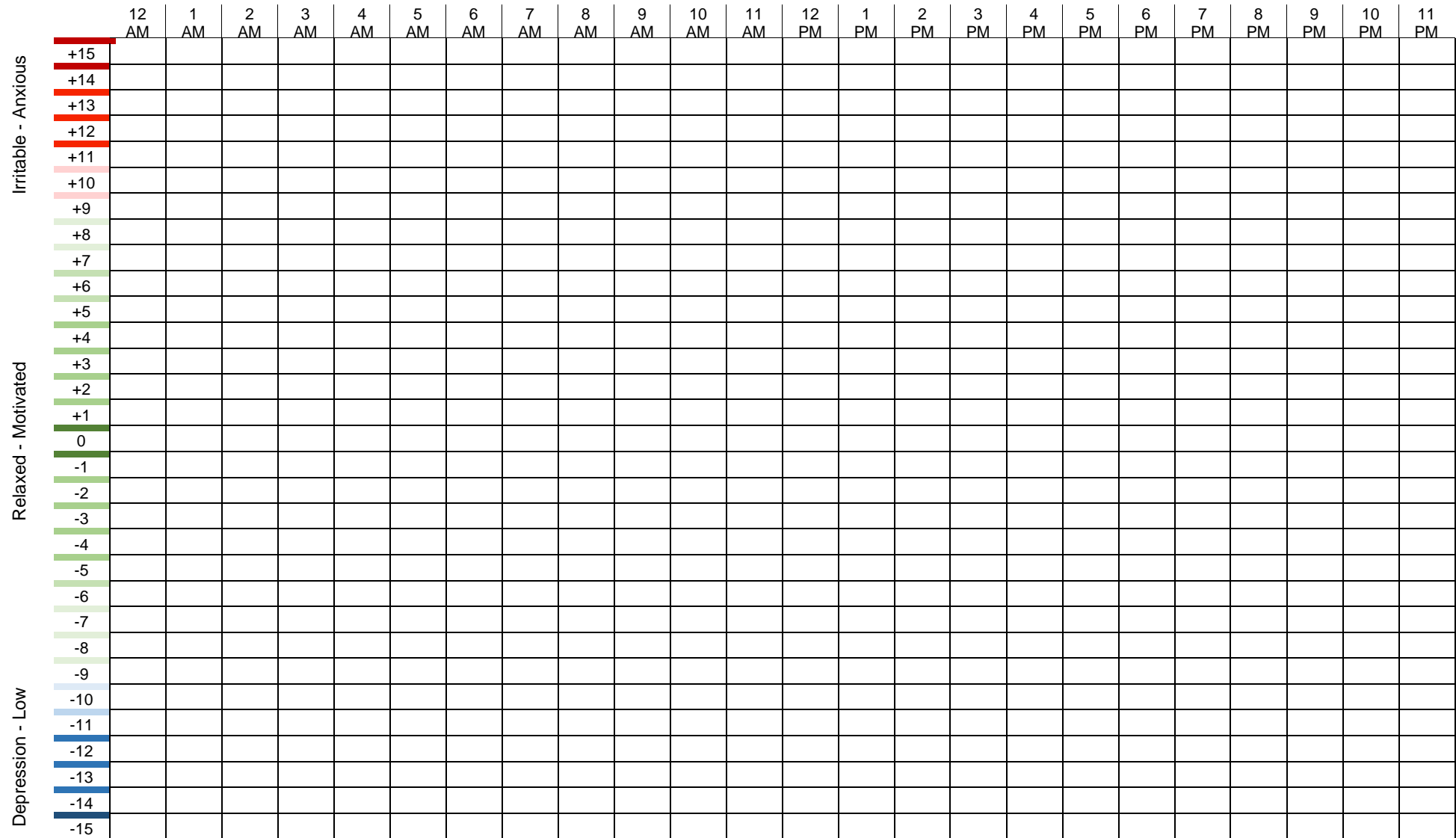


Daily Mood Monitoring Exercise – Monday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

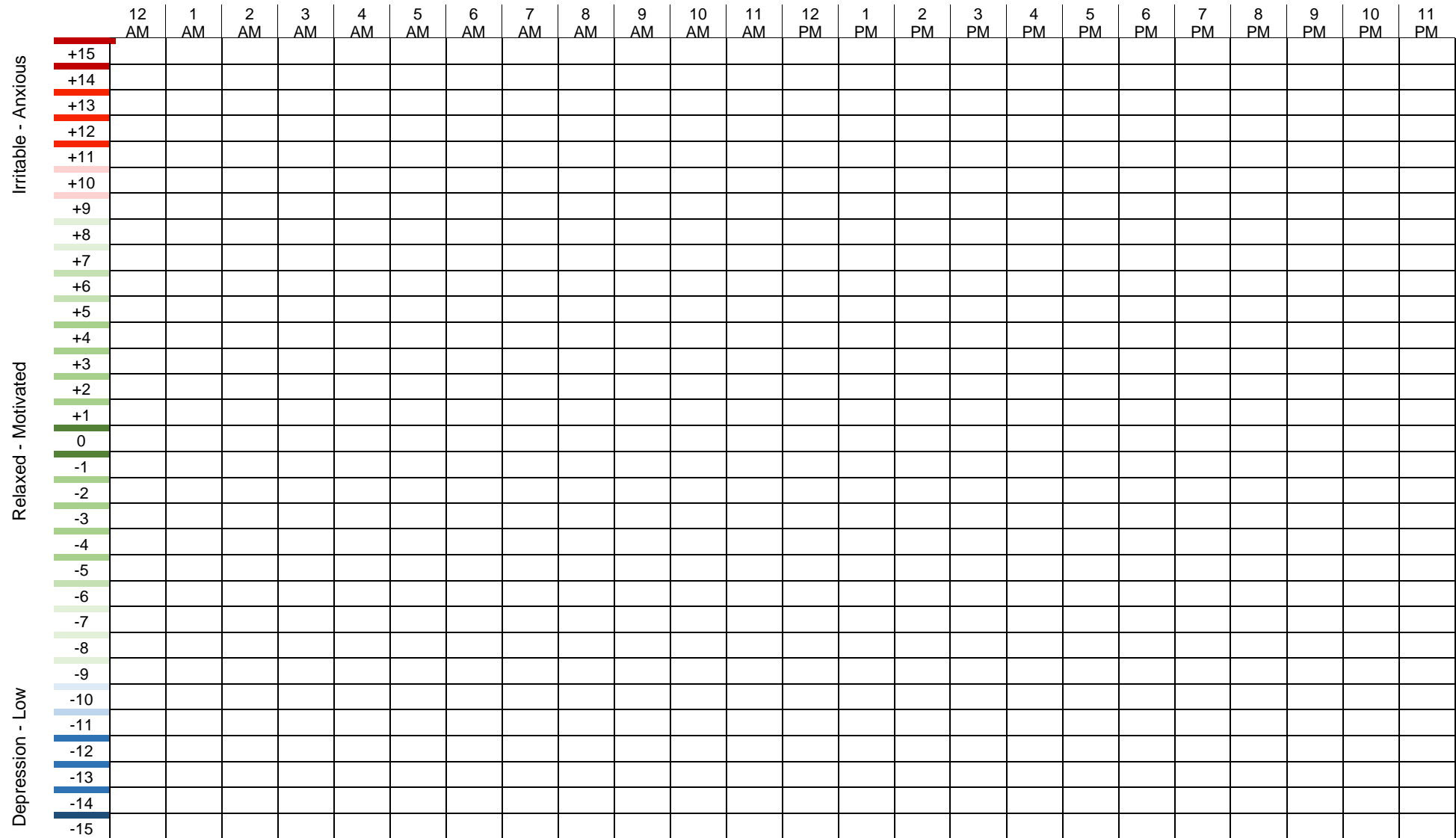


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Tuesday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

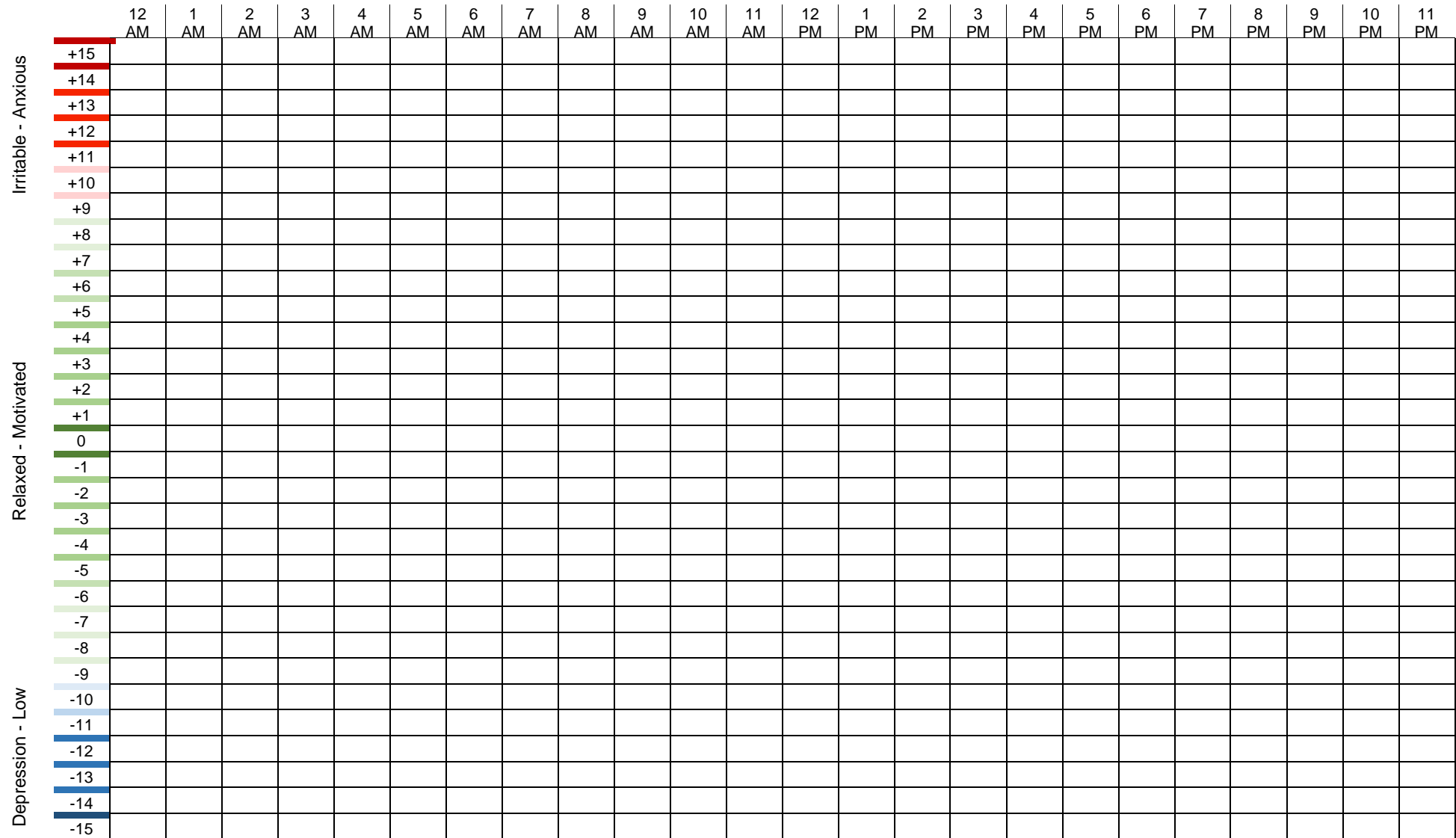


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Wednesday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

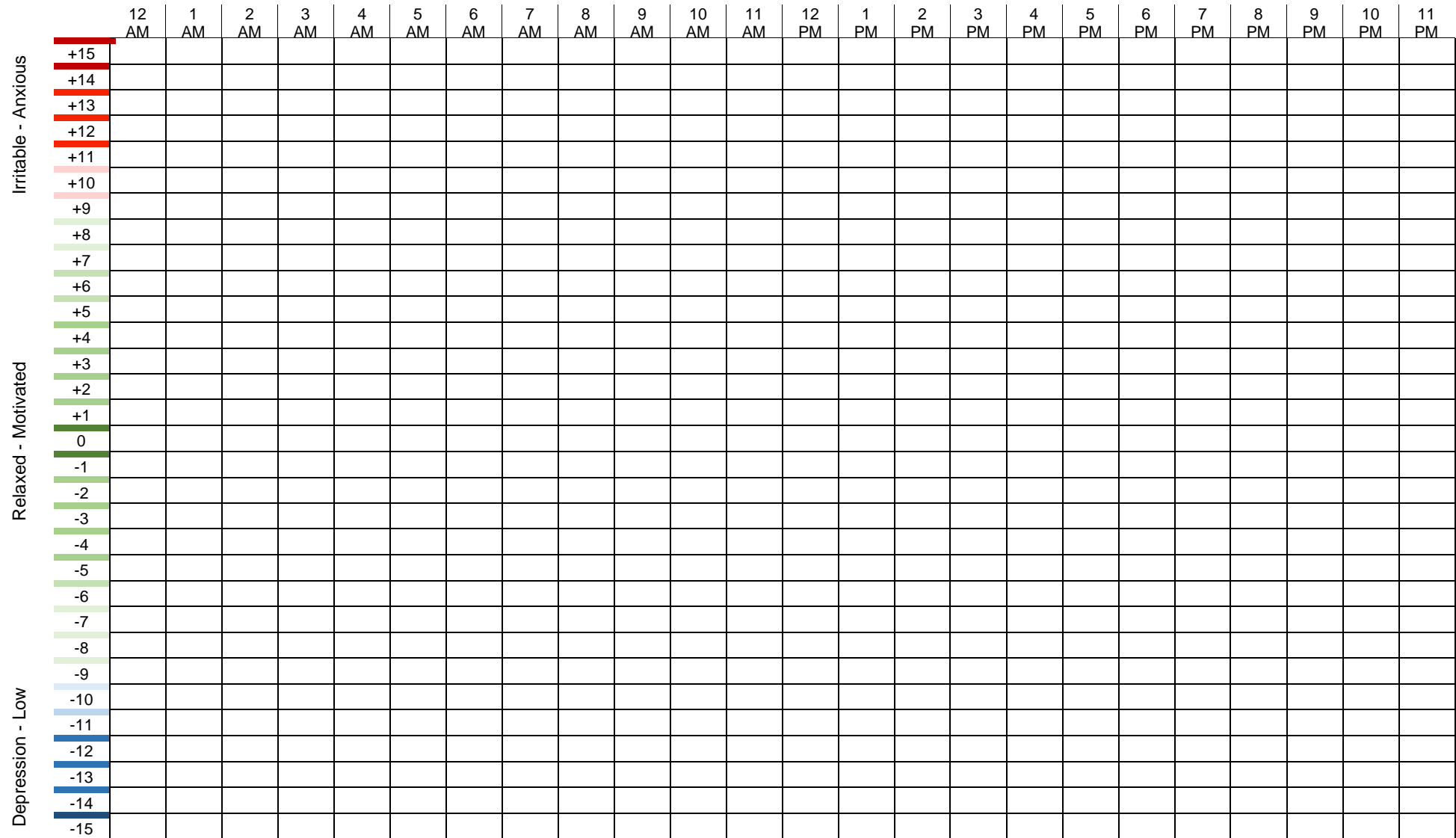


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Thursday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

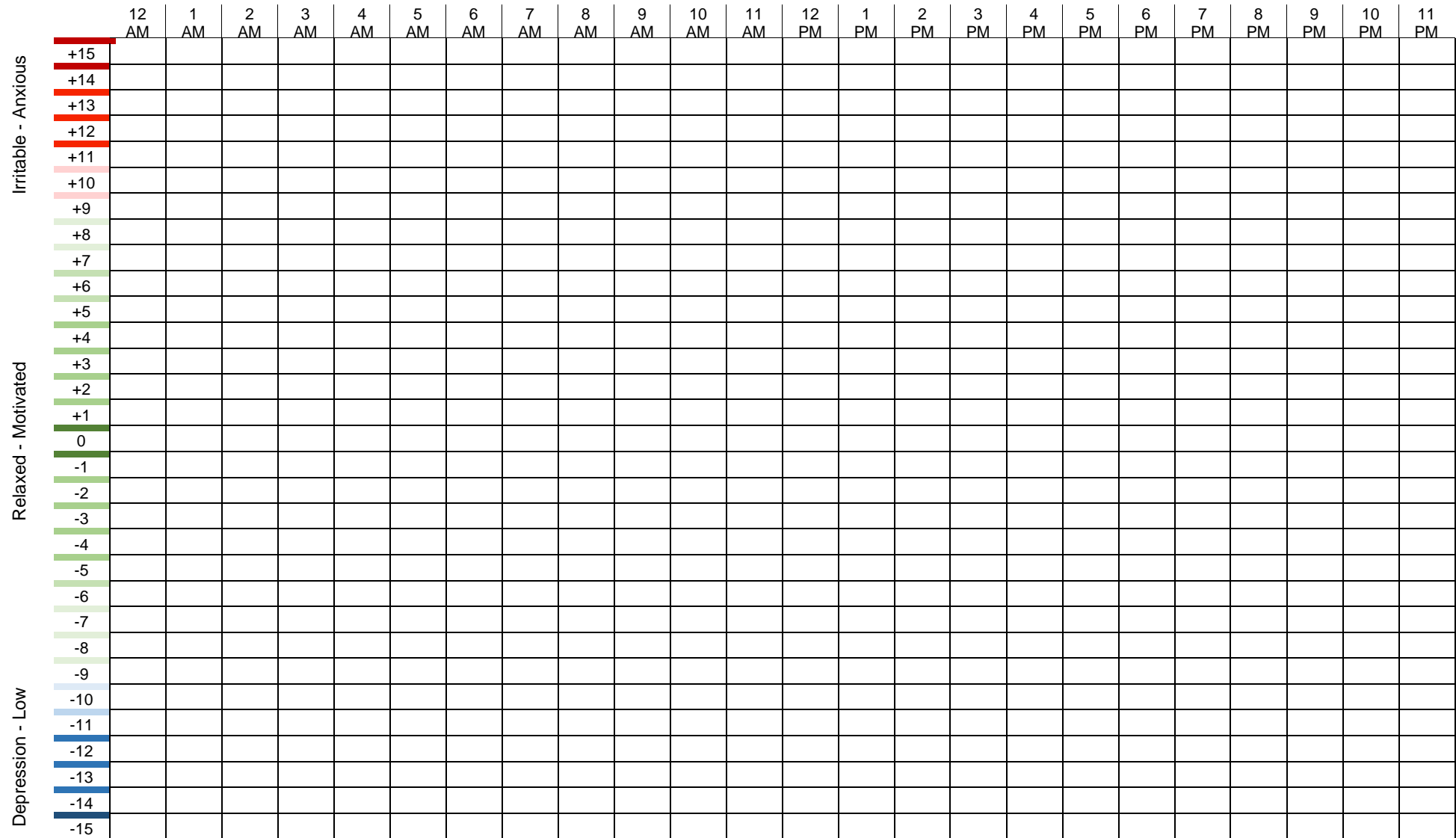


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Friday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

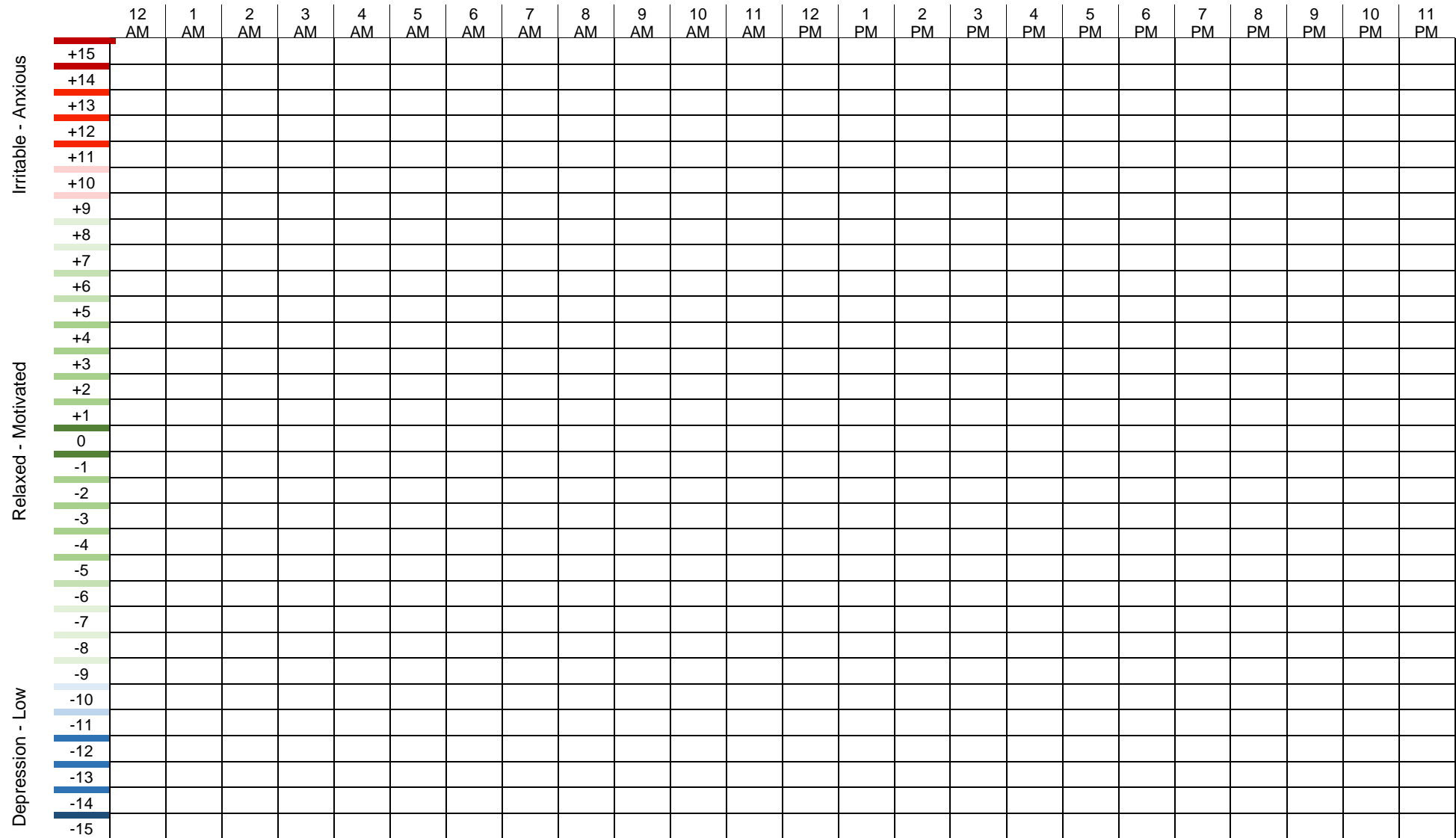


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Saturday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.

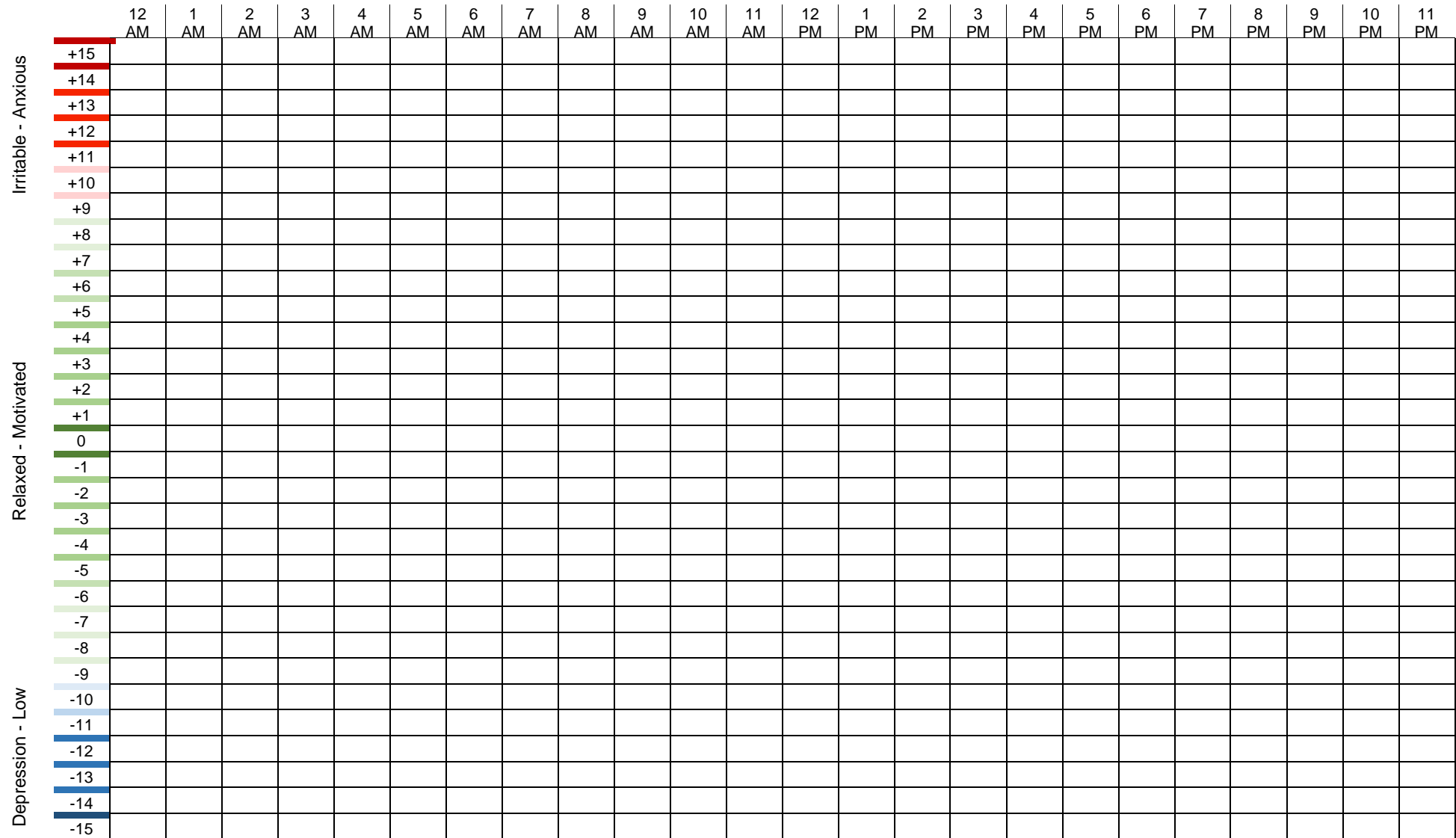


Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling

Daily Mood Monitoring Exercise – Sunday

Use this chart to monitor mood changes. Mark the relevant squares to indicate how you feel ranging from -15 (severely depressed) to +15 (severely anxious). The green area represents the healthy range from relaxed to motivated.



Use this table to record any significant mood shifts or periods of distress in the red, blue and green areas of the chart. Describe your thoughts, actions and feelings.

Time	Thinking	Doing	Feeling