

Daily Mood Log: To help manage your symptoms, record your moods by rating them from 0 - 10, with 10 being the most severe. Also, record things that seem to trigger your moods such as people, places, situations, times of the day, etc. For example: Mon: Anxiety = 8 (going out in public - grocery store) Tues: Anger = 9 (argument with daughter) Wed: Depressed = 8 (? - unknown), etc. Record your moods every day for a period of 1 to 2 weeks and then bring it back to therapist to review in session. Also, remember to give yourself credit for good days or you notice an absence of symptoms.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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