

## Daily Mood & Thought Record

<i>Day</i>	<i>Mood</i>	<i>Intensity (1-10)</i>	<i>Events</i>	<i>Thoughts</i>
<i>Example</i>	<i>Depressed</i> <i>Happy</i> <i>Anxious</i>	4 3 6	<i>Criticized by friend Joe</i> <i>Went to see a movie at theater</i> <i>Got bank statement</i>	<i>"I just can't do anything right recently."</i> <i>"Nice to get my mind off things."</i> <i>"If I can't get out of debt, I'll lose my family."</i>
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				