Handout 2 — Mood/Anxiety Chart

Instructions:
Chart your mood 4 times per day (best times are breakfast, lunch, dinner and bedtime). This is done by a simple star noting the score you give your mood or anxiety at that moment. There is an area for you to note about your day or evening. What has been happening to influence your score? Bring each mood/anxiety chart with you to your GP or counsellor to review.

	DATE																			
	TIME	8am	12pm	6pm	10pm	8am	12pm	6pm	10pm	8am	12pm	6pm	10pm	8am	12pm	6pm	10pm	8am	12pm	6pm	10pm
Happiness/Sadness	10 - Happiest																				
	9																				
	8																				
	7																				
	6																				
	5																				
	4																				
	3																				
	2																				
	1																				
	0 - Saddest																				
Anxiety/Tension	10 - Panic																				
	9																				
	8																				
	7																				
	6																				
	5																				
	4																				
	3																				
	2																				
	1																				
	0 - Asleep																				
What's been happening?	Example: Menstruation																				
	Medication Cycle																				
	Good/Bad Events																				
	Sleep Cycle																				
	Alcohol/Drug use																				