



WEEKLY MOOD DIARY

To help track your mood over the week, complete the chart below in relation to:

1. Situation: What is happening? [e.g. *Looking for a car spot at uni*]
2. Feelings: What are you feeling? You may also wish to note down the intensity of your feelings on a scale of 1 to 10 [e.g. *Angry, Irritated, Stressed (7)*]
3. Notes: You may wish to note down if the mood needs to be regulated, any strategies you tried to help regulate your mood or other relevant information [e.g. *Downregulate; Tried listening to music*]

		Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:
Morning 05:00 – 12:00	Situation							
	Feelings							
	Notes							
Afternoon 12:00 – 16:59	Situation							
	Feelings							
	Notes							

Evening 17:00 – 21:59	Situation							
	Feelings							
	Notes							
Night 22:00 – 04:59	Situation							
	Feelings							
	Notes							

Emotions Bank (Examples of possible moods to track):

Happy	Loved	Angry	Sad	Nervous
Excited	Hopeful	Frustrated	Depressed	Worried
Cheerful	Content	Irritated	Guilty	Stressed
Grateful	Calm	Envious	Lonely	Fearful
Proud	Relaxed	Disgusted	Hurt	Ashamed