Daily Mood and Thought Record

| | Mood | Intensity (1-10) | Event | Thoughts |
|---|---|---|---|---|
| Example | Depressed<br>Happy<br>Anxious | 7<br>5<br>8 | Criticized by friend for<br>Went to see a movie w/ friends<br>Got bad grades | "I am such a loser"<br>"Life is great today"<br>"If I don't get an A, I'll lose my friends" |
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |