



IDENTIFY AND RATE MOODS:

Mood List

Depressed Anxious Angry Guilty Ashamed Sad Embarrassed Excited
Frightened Irritated Insecure Proud Mad Panicky Frustrated Nervous
Disgusted Hurt Cheerful Disappointed Enraged Scared Happy Loving
Humiliated _ _ _ _ _

How to rate your mood:

0 10 20 30 40 50 60 70 80 90 100
Not at all A little Medium A lot Most I've ever felt

Identify moods related to a particular situation (before, during and immediately after being in that situation)

Situations can be identified by answering the following questions?

1. Who was I with?
2. What was I doing?
3. When did it happens?
4. Where was I?

Identify situations where you noticed a strong mood/ significant change in mood

e.g. Situation: *I received a phone call from my boss and he wants to meet with me ASAP.*

Mood: 0 10 20 30 40 50 60 70 80 90 100
Panicky Not at all A little Medium A lot Most I've ever felt

Situation: _____

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Not at all A little Medium A lot Most I've ever felt

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