

**HANDOUT 4.1**

**Basic Mood Monitoring Form**

Positive	Positive	Positive	Positive	Positive	Positive	Positive
10	10	10	10	10	10	10
9	9	9	9	9	9	9
8	8	8	8	8	8	8
7	7	7	7	7	7	7
6	6	6	6	6	6	6
5	5	5	5	5	5	5
4	4	4	4	4	4	4
3	3	3	3	3	3	3
2	2	2	2	2	2	2
1	1	1	1	1	1	1
Negative	Negative	Negative	Negative	Negative	Negative	Negative
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>

**Positive thoughts or activities that made me happy:** \_\_\_\_\_

\_\_\_\_\_

**Negative thoughts or activities that made me unhappy:** \_\_\_\_\_

\_\_\_\_\_

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