Mood Tracking Log

Day/Time	Situation	Thoughts	Emotions	Mood Rating Severity *1=low; 10= high*	New Thought/ Coping	Second Severity Rating *1=low; 10= high*
EXAMPLE: Monday, 11 am	I got a C on my research paper.	*"My professor hates my work."; "I am going to fail this class, I am a failure."*	Embarrassed Hopeless Frustrated	8	*"My professor gave me constructive feedback, she liked my thesis overall."* *"My other scores are good; it's unlikely I will fail."*	4