

# Mood Tracking Log



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

