# Mood Tracking Log

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Situation</th>
<th>Thoughts</th>
<th>Emotions</th>
<th>Mood Rating Severity</th>
<th>New Thought/Coping</th>
<th>Second Severity Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXAMPLE:</strong></td>
<td>Monday,</td>
<td>I got a C on my research paper.</td>
<td>Embarrassed</td>
<td>8</td>
<td>“My professor gave me constructive feedback, she liked my thesis overall.”</td>
<td>4</td>
</tr>
<tr>
<td>11 am</td>
<td></td>
<td>“My professor hates my work.”; “I am going to fail this class, I am a failure.”</td>
<td>Hopeless</td>
<td></td>
<td>“My other scores are good; it’s unlikely I will fail.”</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Frustrated</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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8/17