

Daily Mood and Thought Record

	Mood	Intensity (1-10)	Events	Thoughts
example	Depressed Happy Anxious	4 3 6	Criticized by friend Joe Went to see a movie at theatre Got bank statement	“I just can’t do anything right recently.” “Nice to get my mind off things.” “If I can’t get out of debt, I’ll lose my family.”
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

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