MY THOUGHT/MOOD JOURNAL

Use this to track your thoughts and moods on a daily basis.

- My thought/mood is:

_____
_____
_____

- What brought on this thought/mood?

_____
_____
_____

- On a scale of 1-10 what is the intensity of this thought/mood?

_____
_____
_____

- My reaction to this thought/mood was:

_____
_____
_____

MY THOUGHT/MOOD JOURNAL

Use this to track your thoughts and moods on a daily basis.

- Coping skills I used:

  _____

  _____

  _____

- Did the coping skills help?

  _____

  _____

  _____

- Did you take any medication and did it help?

  _____

  _____

  _____

- Is this a new thought/mood?

  _____

  _____

  _____