

WORKSHEET 7.3: QUICK MOOD SCALE

- Every night, before going to bed, circle the number from 1-9 that best represents your mood each day.
- At the bottom of each column you will find a space where you can note how many helpful and harmful thoughts you have each day. Is there is a relationship between how many helpful and harmful thoughts you have and your mood?

DATE:							
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of HEALTHY Thoughts:							
Number of HARMFUL Thoughts:							