

WORKSHEET 6.4

QUICK MOOD SCALE & THOUGHTS



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

| DATE: | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------------|-------|-------|-------|-------|-------|-------|-------|
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 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 HELPFUL thoughts: | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Number of UNHELPFUL thoughts: | _____ | _____ | _____ | _____ | _____ | _____ | _____ |