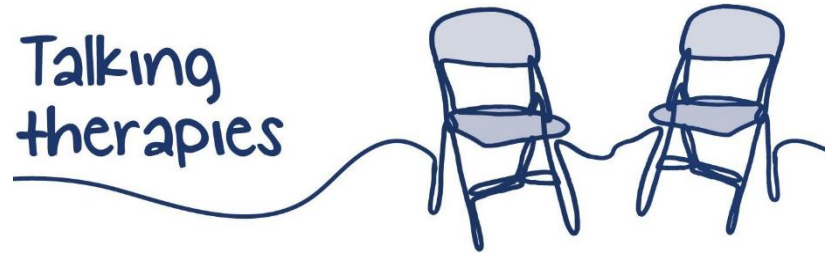




Talking
therapies



Client Reference:

Date:

Mood Diary

Day & Time	Mood / Emotion Rate intensity of emotion (0-100%)	Comments Example: What was happening, where, who with? What went through your mind (thoughts, images)? What were you doing just before and/or after you felt this way?