

# MOOD MONITORING

Monitoring your mood is an important skill to learn. It will help you see the connections between the way you feel and the things you do and the way you think. Monitoring your mood will also help you and your doctor keep track of how things are going with your treatment.

On the sheet provided you will be asked to rate each day with a score of 0-10. You will also be asked to note down what you were doing or thinking when you felt the best or worst. Again this will help you notice the connections between how you feel and what you do.

There is also room on the monitoring sheet to note how many hours' sleep you had the night before. Make sure you fill this in and show it to your doctor.

Here is an example of how your mood diary might look:

