

EXERCISE: Measuring and Tracking My Moods

Worksheet 15.1 can be used to track a variety of moods including anger, guilt, shame, and positive moods such as happiness.

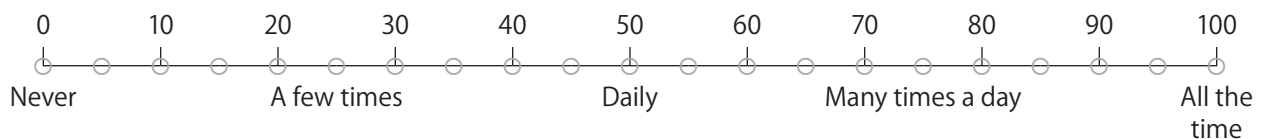
WORKSHEET 15.1. Measuring and Tracking My Moods

Use this worksheet to measure and track the frequency, strength, and duration of any mood you want to improve. This worksheet can also be used to measure and track positive emotions, including happiness.

Mood I am rating: _____

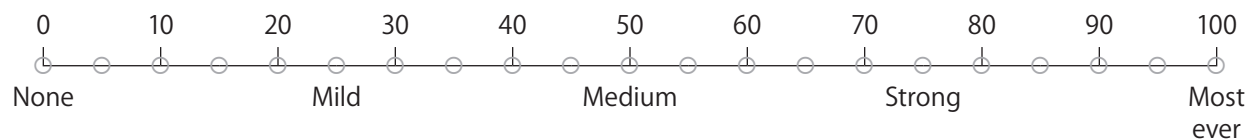
FREQUENCY

Circle or mark the number below that most accurately describes how often you experienced this mood this week:



STRENGTH

Circle or mark below how strongly you felt this mood this week. Rate the time when your mood was the strongest, even if most of the time you did not experience it this strongly. A score of 0 would mean that you did not feel the mood this week. A score of 100 would show that it was the strongest you have ever felt this mood in your life. Strongly felt moods will score higher than 70. If you felt the mood at a medium level of strength, give it a rating between 30 and 70. Rate a mild mood between 1 and 30.



DURATION

Circle or mark the number below that matches how long your mood lasted. Again, make this rating for the time during the week when you felt this mood most strongly (think about the rating you gave this mood on the Strength scale above). If you did not experience the mood this week, mark 0.

