

# MOOD LOG ENTRY

Name

Date

Time

Mood (on a scale of 0 - 10)

## WHAT HAPPENED?

Who was involved? Where did it happen? When did it happen?

## HOW DO YOU FEEL?

Tick the words on the left and elaborate in your own words.

- JOY
- SADNESS
- ANGER
- DISGUST
- FEAR
- SURPRISE

## WHAT DID YOU DO?

Did you do anything? Talk to anyone?