Tracking Daily Moods

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mood | Plan  (Modify as needed) | S | M | T | W | T | F | S |
| +5 Psychotic | Hospital |  |  |  |  |  |  |  |
| +4 Manic |  |  |  |  |  |  |  |  |
| +3 Hypomanic | See therapist, attend support group |  |  |  |  |  |  |  |
| +2 Hyper | Take action, e.g. grounding, meditation, cancel social events |  |  |  |  |  |  |  |
| +1 Happy | Watch closely |  |  |  |  |  |  |  |
| 0 Neutral |  |  |  |  |  |  |  |  |
| -1 Low | Watch closely |  |  |  |  |  |  |  |
| -2 Sad | Take action, e.g. activity scheduling |  |  |  |  |  |  |  |
| -3 Depressed | See therapist, attend support group |  |  |  |  |  |  |  |
| -4 Immobilized |  |  |  |  |  |  |  |  |
| -5 Suicidal | Hospital |  |  |  |  |  |  |  |

DISCUSSION WITH THERAPIST

When your mood fluctuated, how did your thoughts shift in focus and intensity?

When your mood fluctuated, how did your behaviour change?