

**Daily Mood and Thought Record** Day: \_\_\_\_\_ Date: \_\_\_\_\_

	Mood	Intensity (1-10)	Events	Thoughts
example	Depressed Happy Anxious	4 3 6	Criticized by friend Joe Went to see a movie at theatre Got bank statement	“I just can’t do anything right recently.” Image/memory of positive time in my life. “If I can’t get out of debt, I’ll lose my family.”

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