

Mood Graph

Name: _____

Week of: _____

		Mon	Tues	Wed	Thur	Fri	Sat	Sun
+5 Extremely manic		•						
+4 Very manic-sig. problems functioning		•	•	•	•	•	•	•
+3 High		•	•	•	•	•	•	•
+2 High end of comfort zone	 Start Coping Plan	•	•	•	•	•	•	•
+1 Happier than usual	 	•	•	•	•	•	•	•
0 Middle of comfort Zone	 Comfort Zone	•	•	•	•	•	•	•
-1 Lower than usual	 	•	•	•	•	•	•	•
-2 Low end of comfort zone	 Start Coping Plan	•	•	•	•	•	•	•
-3 Depressed		•	•	•	•	•	•	•
-4 Very depressed-sig problems functioning		•	•	•	•	•	•	•
-5 Extremely depressed		•	•	•	•	•	•	•

Hours of Sleep							
Other symptoms _____							

You may rate other symptoms such as irritability or agitation independently of mood using rating scale above. Try to identify any important events that happened during the week that affected your mood.

Notes on events that caused mood shifts and any effective coping strategies used:

Hints: Effective mood charting takes practice. It may seem awkward or difficult at first. You will get better at it with regular practice. Try to complete your mood graph every day at around the same time (after dinner, before bed). Use the rating that best describes your overall mood for the day. If you experience significant mood shifts in the course of one day, feel free to indicate an upper and lower range for the day by putting two dots and a connecting bar between them. The goal is to improve your mood monitoring skills over time and learn to identify more subtle shifts in your mood. Improve this in your own special way and make it work for you.