

Accepting your mood – Record sheet Dateto.....

Use the table below to make a chart of how you feel across the course of a week, especially taking notice of what happens when you accept and validate your low feelings. In the blank boxes, place a rating score for your mood between 1 and 10, (with 10 being as low as you could possibly feel). What do you notice as time passes?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6.00 am							
7.00 am							
8.00 am							
9.00 am							
10.00 am							
11.00 am							
12.00 pm							
1.00 pm							
2.00 pm							
3.00 pm							
4.00 pm							
5.00 pm							
6.00 pm							
7.00 pm							
8.00 pm							
9.00 pm							
10.00 pm							
11.00 pm							