

Your Wellbeing UK – Mood Diary

Day & Time	Mood / Emotion Rate intensity of emotion 0 – 100 %	Comments <i>Example: What was happening, where, who with? What went through your mind (thoughts, images)? What emotions (mental and physical) did you feel? What were you doing just before and / or after you felt this way? Were there any other sensations (feelings, smells, tastes, words/comments made)? What helped?</i>