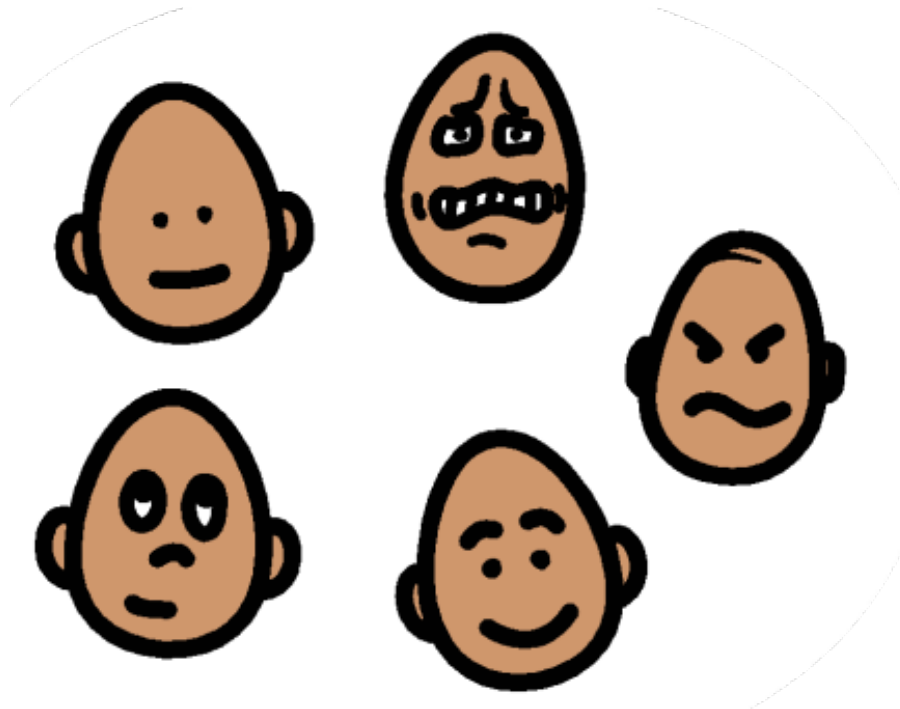


MOOD JOURNAL



MOOD JOURNAL

The days pass and sometimes they blur. At the end of your week, the bad may outweigh the good and it can be difficult to remember what happened to make you feel the way you do. Journaling can help keep a daily record of your day and consider triggers that might bring upon certain moods or memories.

WHAT TO RECORD:

Pre-journal: Before you start journaling, complete the pre-journal as a reflection tool for the end of your journaling experience. This will help to see if the journaling experience has been helpful for you.

Setting information: This information sets the scene for the day and is quite factual.

Mood scale: On the visual, identify the mood you felt like for most of the day.

Triggers: Describe what was happening that may have triggered to your negative moods. Was there anything in the day that cause any negative emotions, think about what was happening in the environment around you (noise, lights, people), what memories you may had reflected upon today, who was around you/or not around you.

Strategies: Record the strategies you used today. If they worked well for you, indicate this with a ✓ and if it didn't work, use a ×.

Good vibes: Record the things that made you feel good about the day.

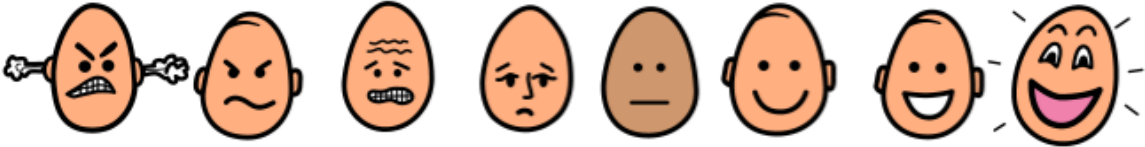
Reflection: Free space to write about your day, thoughts and feelings.

Questions: Has there been anything from the day that you feel you may want more information about? Why did I say that, why did that person do what they did, I'm interested in learning about...

If a section does not apply for that day, that's okay - just write "N/A" so you remember there was nothing to record on that day.

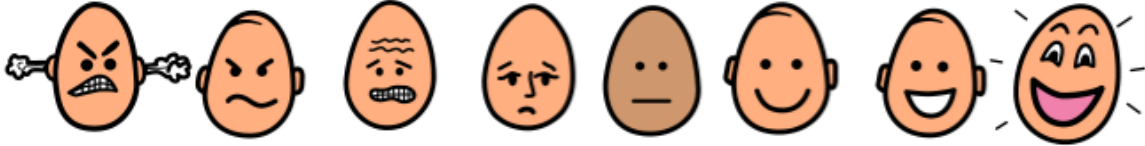
PRE-JOURNAL

The mood I feel I am usually is:



or any other emotion not pictured above:

The mood I want to feel most of the time:



My daily medication:

Medication	Purpose

The hours of sleep within 24 hours:

My daily exercise and duration:

My usual food habits:

What I want to get out of this journey:

SETTING:

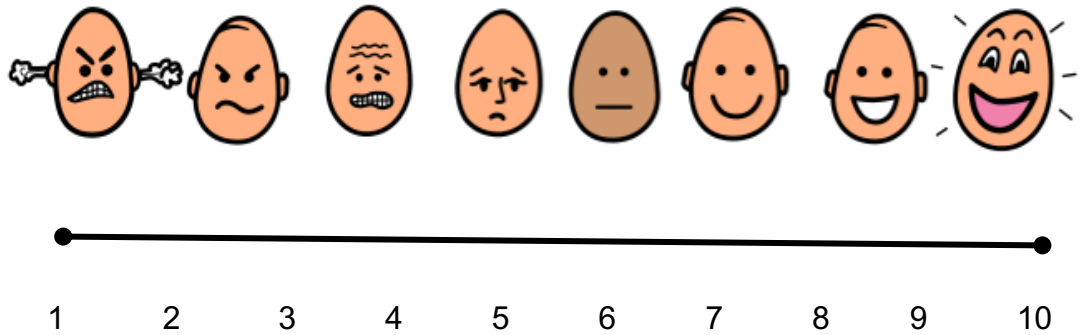
Date:

Hours of sleep:

Exercise & duration:

MOOD:

Mood scale:



Triggers:

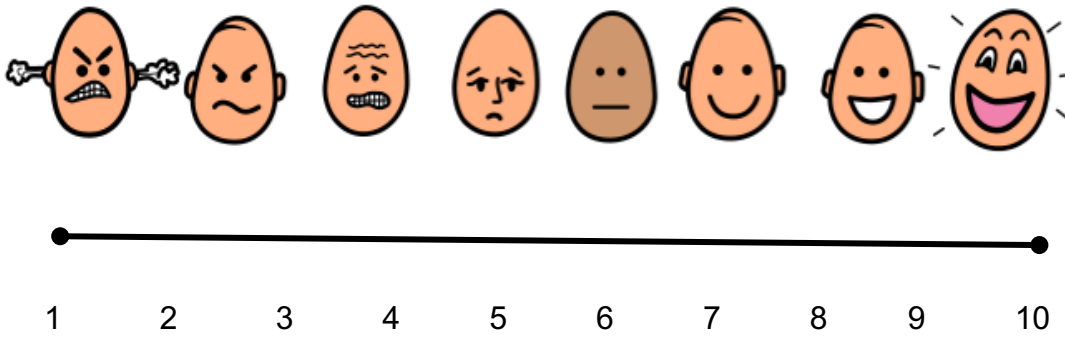
Strategies used:

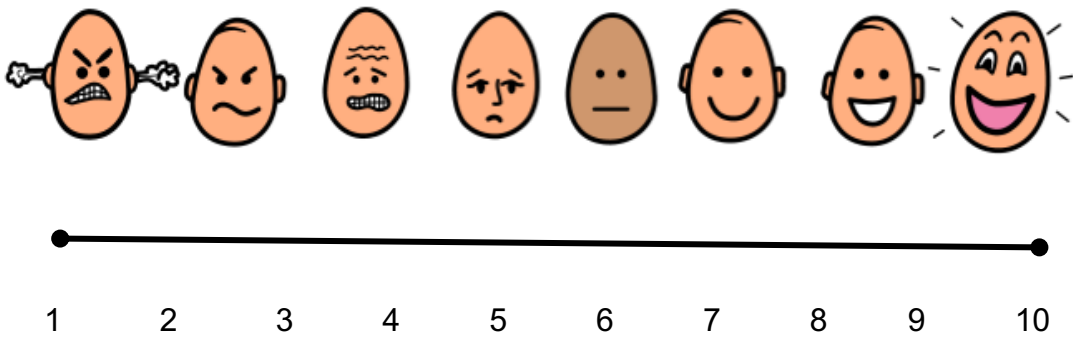
Did they work? ✓/✗

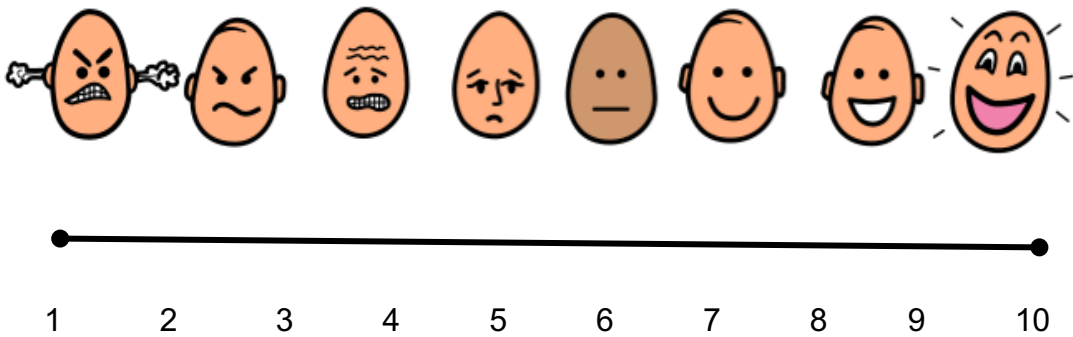
Good vibes:

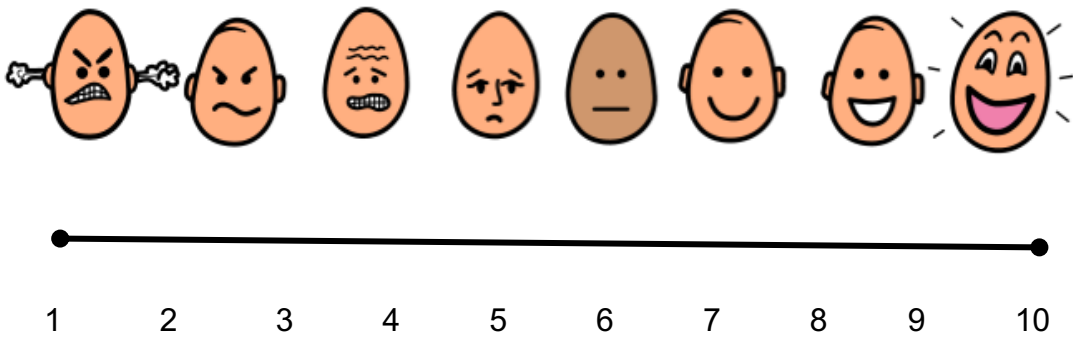
Reflection:

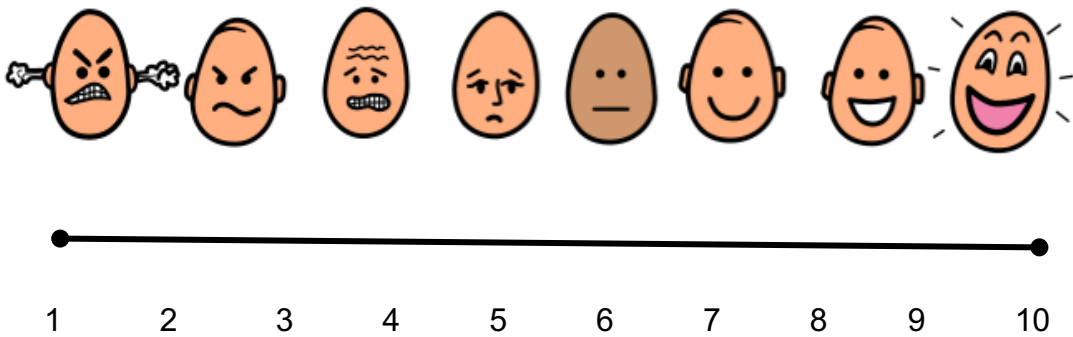
Questions:

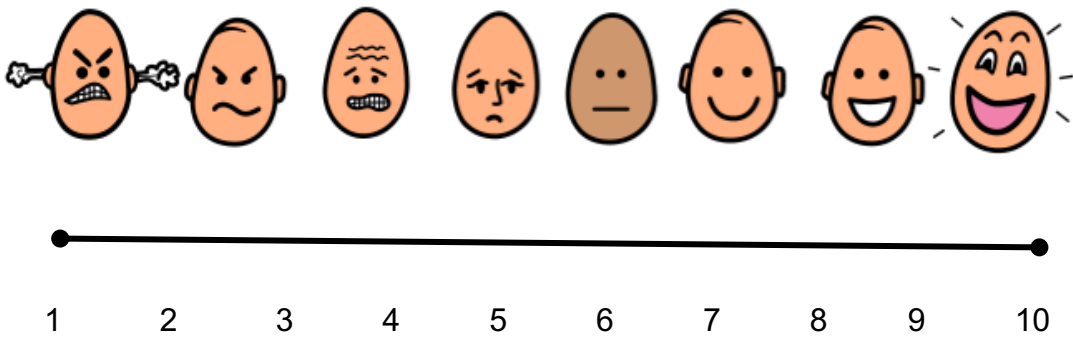
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

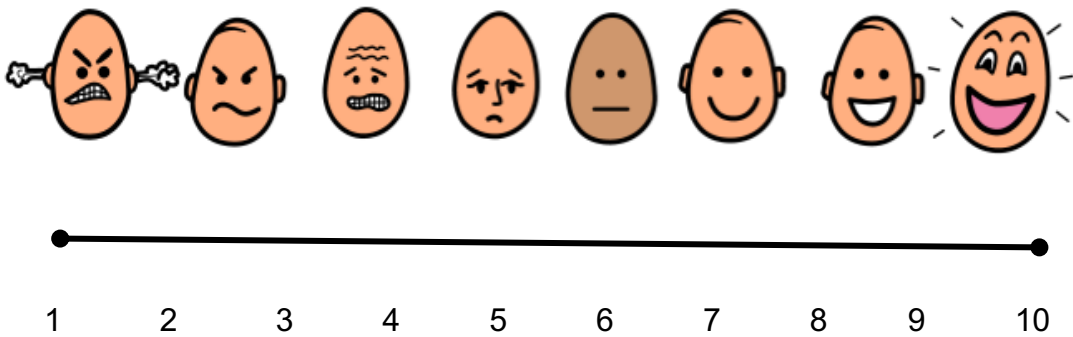
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

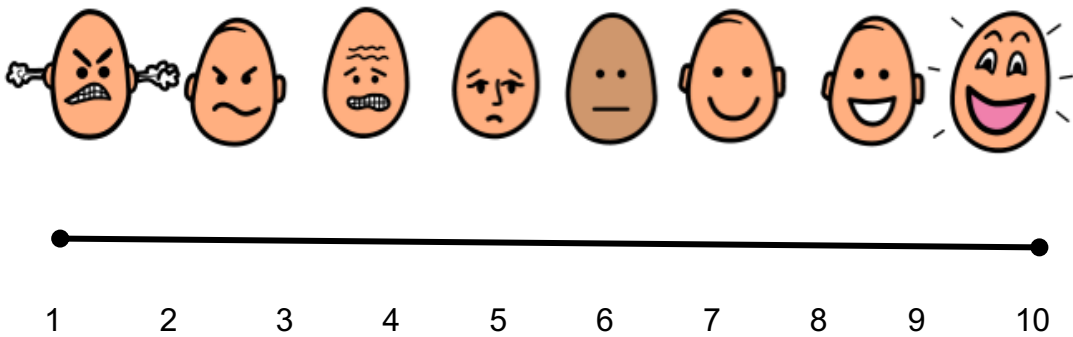
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

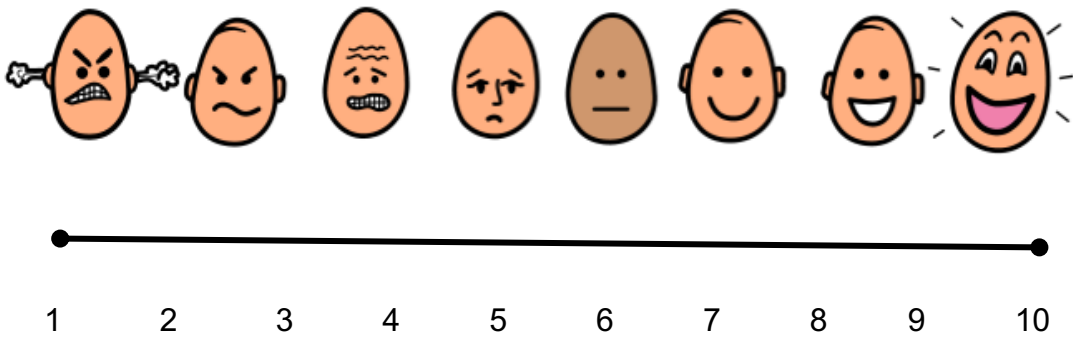
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

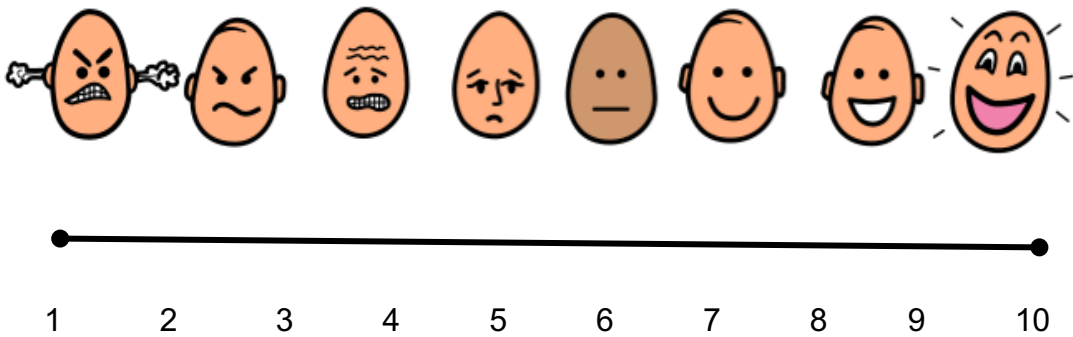
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

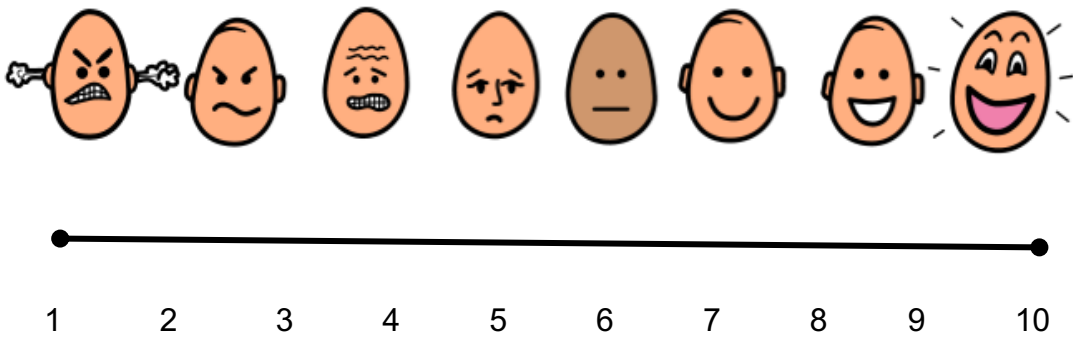
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

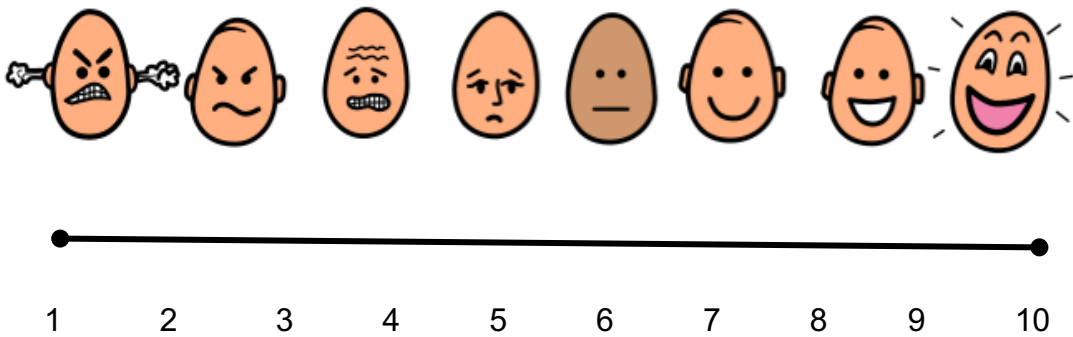
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	<p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

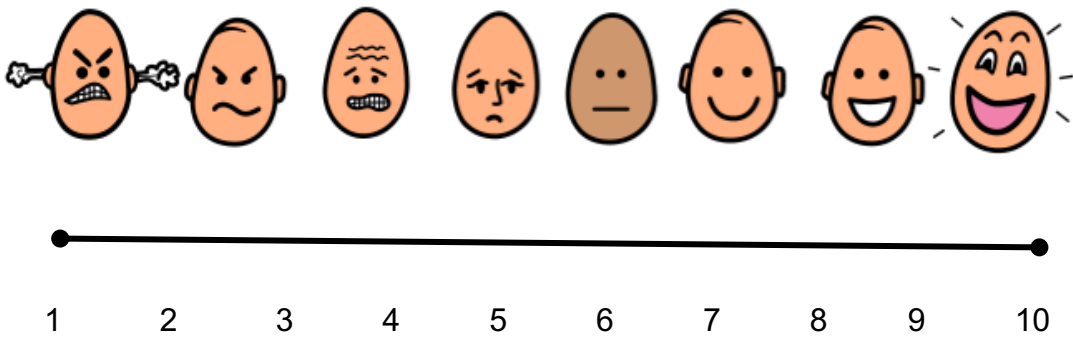
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

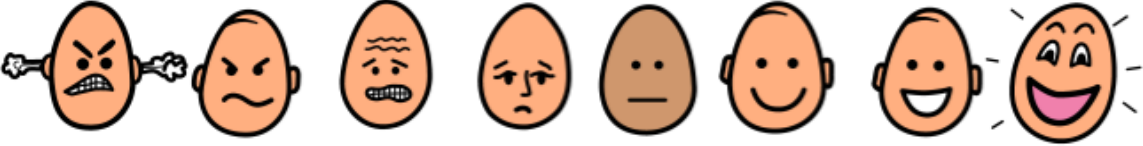
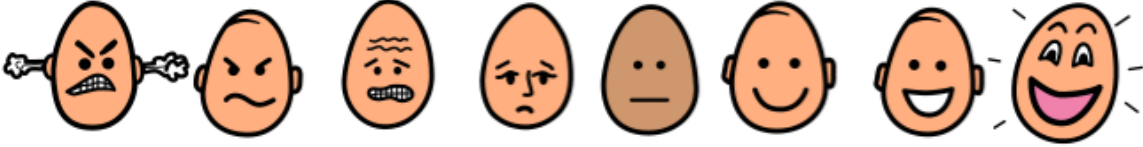
SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

SETTING:	
Date:	
Hours of sleep:	
Exercise & duration:	
MOOD:	
Mood scale:	 <p>1 2 3 4 5 6 7 8 9 10</p>
Triggers:	
Strategies used:	
Did they work? ✓/✗	
Good vibes:	
Reflection:	
Questions:	

Post-journal

<p>The mood I feel I am usually is:</p>	 <p>or any other emotion not pictured above:</p>	
<p>The mood I want to feel most of the time:</p>		
<p>My daily medication:</p>	<p>Medication</p>	<p>Purpose</p>
<p>The hours of sleep within 24 hours:</p>		
<p>My daily exercise and duration:</p>		
<p>My usual food habits:</p>		
<p>What I got out of this journey:</p>		

Mood Journal developed by
New England Behaviour Support

info@newenglandbehavioursupport.com.au
www.newenglandbehavioursupport.com.au



NEW ENGLAND BEHAVIOUR SUPPORT