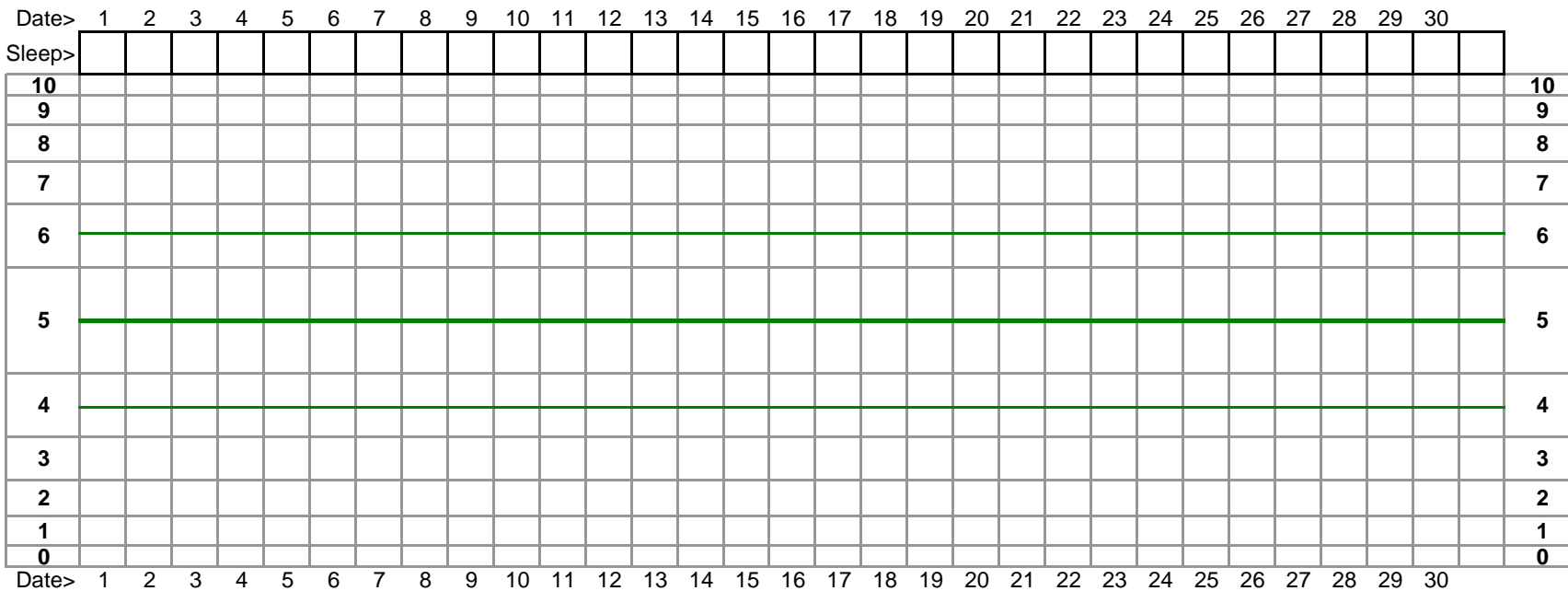


Year

Month

See 0 to 10, Mood Scale to plot your moods

1. Record hours slept when you get up in the morning (for previous night)
2. Record on the chart your approximate mood with an **X** sometime during the morning.
3. Record on the chart your approximate mood with an **O** sometime during the evening.
4. If you wish, join up the morning **X**'s and join up the evening **O**'s to form 2 trend lines.
5. Look for trends. If you are plotting points in the yellow or orange areas take action to regain stability.
6. Share this chart with people you trust:
  - 6.1. Every few days ask a friend or family member if they would say the same about your recent and current mood.
  - 6.2. Show this to your doctor to explain why you feel either at ease or concerned about your mood.



Mood Scale Reading

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