

Mood Monitoring Form

Day and Time	Situation	Thoughts	Mood Rating (Scale of 1-10)

Tips to Remember for Mood Monitoring Form

- Explain form to child and give him/her examples for each column.
- Explain 1–10 mood ratings to child (e.g., 1 is best you have ever felt or can imagine feeling, and 10 is the worst) and have child give examples of different ratings.
- Start small — have child fill out the form for one day of the week and then increase the amount of time if appropriate.
- In the beginning of treatment, have child fill out day/time, situation, and mood rating columns.
- As treatment progresses, have child fill out thoughts column.
- Use form to identify the link between thoughts and feelings and to identify negative thoughts.
- Once negative thoughts have been identified, have child write down more accurate thoughts.
- Discuss with child how these more accurate thoughts lead to changes in his/her mood.