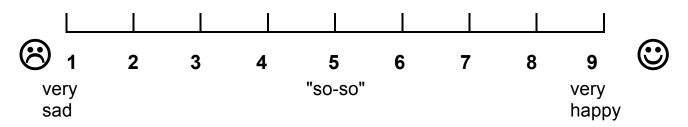
Home Practice: DAILY MOOD RATING FORM

1. Using the nine-point scale, please rate your mood for each day. If you felt good, put a high number on the chart below. If you felt "so-so," mark a 5. And if you felt low or depressed mark a lower number.



2. In the column next to your mood rating for each day, please briefly give two major reasons explaining your feelings for that particular mood. Try to be as specific and concise as possible.

Date:	Mood Score	Why I think I felt this way:
		1.
		2.
		1.
		2.
		1.
		2.
		1.
		2.
		1.
		2.
		1.
		2.
		1.
		2.