

## Mood Graph adapted from Basco and Rush (1996)

Mood Graph								
<b>Name:</b>								
<b>Week of:</b>								
		Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>+5</b> Manic Extremely manic		•	•	•	•	•	•	•
<b>+4</b> Very manic -not functioning		•	•	•	•	•	•	•
<b>+3</b> High		•	•	•	•	•	•	•
<b>+2</b> High End of Comfort Zone	/  <i>Comfort Zone</i>	•	•	•	•	•	•	•
<b>+1</b> Happier than usual		•	•	•	•	•	•	•
<b>0</b> Middle of Comfort Zone		•	•	•	•	•	•	•
<b>-1</b> Lower than usual		•	•	•	•	•	•	•
<b>-2</b> Low End of Comfort Zone		•	•	•	•	•	•	•
<b>-3</b> Depressed		•	•	•	•	•	•	•
<b>-4</b> Very Low -not functioning well		•	•	•	•	•	•	•
<b>-5</b> Extremely depressed		•	•	•	•	•	•	•
Hours of Sleep								
Other symptoms (0-10 rating)								
<p>You may rate other symptoms such as anxiety, irritability or agitation independently of mood using rating scale above. Try to identify any important events that happened during the week that affected your mood.</p> <p><u>Notes events that caused mood shifts and any effective coping strategies used on back.</u></p>								