

MOOD DIARY

When you are struggling with your feelings, you may find it useful to keep track of them. After all, the person who understands your thoughts and feelings the most is you!

Think about how you felt or what you were thinking, how intense this feeling or thought was and how long it lasted

Did anything help you to overcome negative thoughts/feelings?

Considering what you were doing, can you think of an alternative response to the situation?

What were you doing at the time of this thought/feeling? Can you pinpoint a trigger?

You could also keep a note of positive things - such as activities/people who make you happy or times you've overcome a fear

There is no right or wrong way to keep a mood diary, these are just suggestions which might be worth considering. Try different things and see what works best for you!

You could print off the version below (scroll to the end for a low-ink version), write out your own version or type out your thoughts and feelings

Date and time

How did you feel? What were you thinking? How long did this last?

How intense was the feeling?

What were you doing at the time? Can you pinpoint the cause of your emotions?

If your thoughts/feelings were negative, what helped you to overcome them?

Have you experienced these thoughts and feelings before?

What next?

You may have highlighted some negative thoughts and feelings. If you are finding these difficult, you could talk to your family, teachers or someone else you trust

Alternatively, if you are visiting your doctor or mental health specialist, take this along with you to help them understand how you've been feeling

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How intense was the feeling?

What were you doing at the time? Can you pinpoint the cause of your emotions?

If your emotions were negative, what helped you to overcome your negative thoughts/feelings?

Have you experienced these thoughts and feelings before?

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