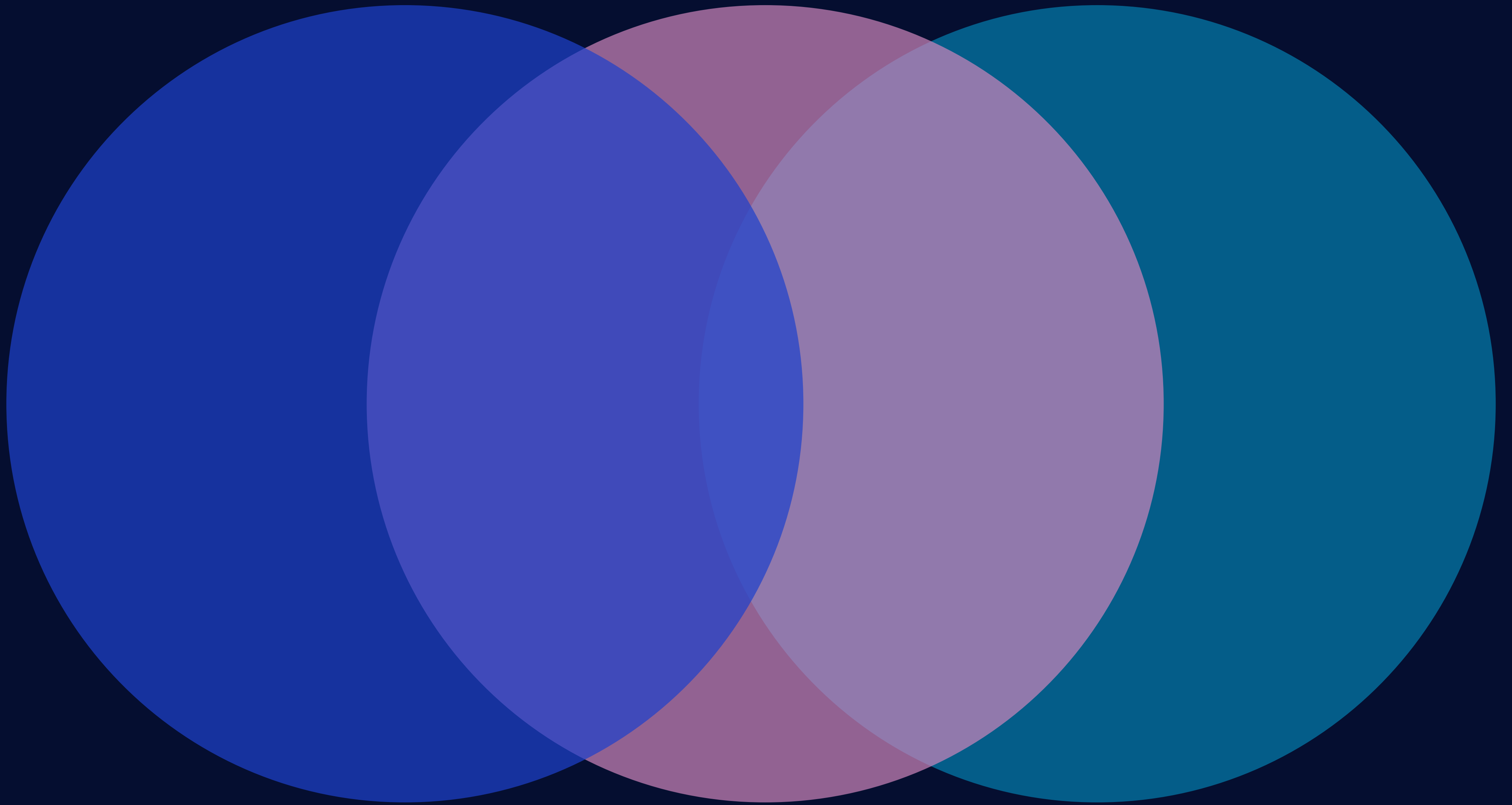


Simple Mood Check



Therapy For Real Life

Notice your mood.



Choose 2-3 words to describe your current mood.

Take the time.

Describe your mood.

tired	scared	irritated
optimistic	excited	joyful
confused	nervous	hungry
frustrated	overwhelmed	satisfied
angry	curious	stuck
grateful	hopeful	bored
lonely	exhausted	hopeful
satisfied	relieved	dejected
content	sensual	lethargic
jealous	appreciated	antsy
happy	confident	calm
unmotivated	unsure	pleased

... Observe mixed feelings. ...

Notice your needs.



What need does this mood represent?

Rest Food Connection Hope Safety
Something else...?

Plan responsive action.



Get support.

A white thought bubble with a small tail pointing towards the bottom right.

Talk it out.

A white thought bubble with a small tail pointing towards the bottom right.

Nourish your
body.

A white thought bubble with a small tail pointing towards the bottom right.

Imagine how you will feel once
you have taken action. Keep going!

Mood Tracking 101

Take a screenshot of the feelings template. Circle the best 2-3 words to describe your current mood each day. Keep a visual mood tracking journal. Notice patterns and improve self-understanding by learning more about cause and effect in the different seasons of your mood. Use results to boost your self-care or improve the therapy process.

You're human.

Three overlapping circles are positioned horizontally in the center of the image. The leftmost circle is a vibrant blue, the middle circle is a soft lavender or light purple, and the rightmost circle is a teal or seafoam green. They overlap in a way that creates a central area where all three colors intersect, with other areas showing the individual colors and some two-color blends.

Humans have feelings.

Therapy For Real Life