Mood diary

A week of noticing how you feel and what is going on at the time.

Name _____ Date _____

Three times a day, note your mood out of 10 (0 is the worst you could feel, 10 is the best) and a few words about what you were doing or thinking.

Day	Morning	Afternoon	Evening
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What patterns do I notice? Better times, worse times, people, places, activities?

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.