MOOD LOG

NAME:_____

Anxiety: Rate with two marks each day to indicate best and worst (if applicable) 0=None 1=Minor worry 2=Worry with moderate impairment 3=Panic attack

Irritability: 0=None 1=Angry, not yelling 2=Yelling 3=Physical Violence

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Date	-mg	-mg	-mg	-mg	-mg	Alcohol/Recreational Drugs	Exercise	Therapy	STRESSORS	DAILY NOTES.	Irritability	Anxiety	Hours of sleep	SEVERE Unable to Work	MODERATE Able to work, significant impairment	MILD No Impairment	Mood not elevated or depressed. No symptoms.