C.B.T.

Mood Analysis Diary

***C.B.T. MOOD ANALYSIS DIARY***

Keeping a mood analysis diary is an integral part of cognitive behavioural therapy - but it is also optional.

You do not have to fill it in every day – just on those occasions when you feel lower than average, or better than average.

It keeps a record of your mood/emotional state over a period of time, together with information about what you are doing and what you are thinking.

It helps your therapist understand what is happening for you.

It helps us to see any interactions that might be going on.

We may be able to clarify what is happening when you feel low, and what is happening when you feel happier.

It starts discussions and helps with planning.

*Remember: please bear in mind that any text can be read by other people, which may have an impact on the reader and on you.*

*You may want to password protect your document or keep it somewhere safe if you decide to print it out.*

**Mood Analysis Diary**

**(Example)**

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** | 3rd March 2025 | **FOR USE IN SESSION NUMBER:** | 3 |
| AT THE END OF THE DAY GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL DAILY MOOD RATINGS** | **M** | 3 | **TU** | 3 | **W** | 2 | **TH** | 3 | **FR** | 5 | **SA** | 6 | **SU** | 2 |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** | Monday |
| **TIME OF DAY** | Early morning – 7 am |
| **SPECIFIC MOOD RATING (OUT OF 10)**  | 1 |
| **WHAT I FELT** | Fed up and miserable! |
| **WHAT I WAS DOING** | Going to work after having a row with my partner and shouting a lot. |
| **WHAT I WAS THINKING** | I’m with the wrong person, I hate my job, and I’ve made a mess of my life. I haven’t got any friends I can talk to. |
| **CONCLUSIONS** | My relationship isn’t going well. I’m not happy with my job. I feel like I’ve made some bad decisions. I feel unsupported. |
| **ANY OTHER INFORMATION** | Writing the details down made me feel a bit sorry that I was so angry with my partner that I shouted at them. I don’t think it was really them I was angry at. |
| **NOTES FOR NEXT SESSION** | My mood was a lot worse at the beginning of the day than it was later on. |
|  |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK BEGINNING DATE:** |  | **FOR USE IN SESSION:** |  |
| GIVE YOUR MOOD A RATING OUT OF 10 WHERE **0 IS THE MOST** DEPRESSED AND **10 IS THE LEAST** DEPRESSED. ASSUME THAT **5 IS AVERAGE**.  |
| **OVERALL WEEKLY MOOD RATINGS** | **M** |  | **TU** |  | **W** |  | **TH** |  | **FR** |  | **SA** |  | **SU** |  |
|  |
| THIS SECTION IS FOR MORE DETAILED INFORMATION – MAKE AN ENTRY WHEN YOUR MOOD IS EITHER A BIT BETTER THAN USUAL, OR A BIT WORSE. WHAT WAS HAPPENING FOR YOU AT THE TIME? |
| **DAY OF THE WEEK** |  |
| **TIME OF DAY** |  |
| **SPECIFIC MOOD RATING (OUT OF 10)**  |  |
| **WHAT I FELT** |  |
| **WHAT I WAS DOING** |  |
| **WHAT I WAS THINKING** |  |
| **CONCLUSIONS** |  |
| **ANY OTHER INFORMATION** |  |
| **NOTES FOR NEXT SESSION** |  |

“We do not write in order to be understood; we write in order to understand.”

— Cecil Day-Lewis

2025