



**Mood Music**  
**Pre-Activity Scale**

**Client Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*My mood right now is:*

1                      2                      3                      4                      5  
Negative                      Okay                      Positive

*Three emotions that describe what I'm feeling are:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_