

Brief Mood Survey

This survey is designed to help you reflect on your current mood and emotions. There are no right or wrong answers.

1. Rate Your Mood

On a scale of 1 to 10, how would you rate your mood right now? (1 = Very Low, 10 = Very High)

Your Rating: _____

2. Frequency of Feelings

How often have you experienced the following emotions in the past week?

Emotion	Never	Rarely	Sometimes	Often	Always
Happiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sadness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calmness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frustration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Thoughts and Beliefs

How much do you agree with the following statements?

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel confident in my ability to handle challenges.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often feel overwhelmed by my emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I believe I ☐ ☐ ☐ ☐ ☐ ☐
have a good
support
system in my
life.

I tend to ☐ ☐ ☐ ☐ ☐ ☐
focus on the
negatives
more than
the positives.

4. Coping Strategies

What do you typically do when you're feeling stressed or upset? (Check all that apply)

- ☐ Talk to a friend or family member
- ☐ Exercise or engage in physical activity
- ☐ Meditate or practice mindfulness
- ☐ Distract myself with hobbies or entertainment
- ☐ Write in a journal
- ☐ Other (Please specify): _____

5. Additional Comments

Is there anything else you'd like to share about your current mood or emotional state?
