



Rating Moods

Describe a recent event. Rate the intensity of your mood at the time the event occurred on a scale of 0-100 (There is a list of different moods at the bottom if you need help).

1.

Event: _____

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

2.

Event: _____

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

3.

Event: _____

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

4.

Event: _____

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Mood: _____ : 0 10 20 30 40 50 60 70 80 90 100

Angry Anxious Ashamed Confident Depressed Disgusted Embarrassed

Enraged Excited Furious Frightened Frustrated Guilty Happy Hopeful

Hopeless Hurt Humiliated Insecure Irritated Jealous Livid

Mad Nervous Panicky Sad Scared Tense Warm