

Weekly Mood Tracker

Please remember that this is not to show hurt and pain or to be used as a means to “prove” that the other person is doing something inappropriate or wrong. This is to help gain insight and understanding, so the person can learn about themselves and their moods to encourage them to make the choice to do things differently.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							

Weekly Mood Tracker - *example*

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<i>Annoyed after call from work she had to go in early</i>		<i>Gleeful. Woke up in good mood, excited to go to work.</i>				
Afternoon	<i>Angry. Got into an argument with me on the phone</i>		<i>Caring. She called me to say “I love you”.</i>				
Evening	<i>Isolated. She came home locked self in room</i>		<i>Angry. I got home late from work and didn't call</i>				

Emotions List

Absorbed	Admiring	Adrift	Afraid
Aggravated	Alarmed	Alienated	Amazed
Ambivalent	Amused	Angry	Anguished
Annoyed	Anticipating	Anxious	Apologetic
Apprehensive	Aroused	Attraction	Awkward
Bitter	Bored	Brave	Calm
Caring	Comfortable	Compassionate	Concern
Confident	Confused	Contempt	Curious
Delighted	Depressed	Disappointed	Disgraced
Disgusted	Disliked	Dismayed	Disoriented
Disturbed	Eager	Elated	Embarrassed
Enthusiastic	Envious	Exasperated	Exhausted
Exhilarated	Fearful	Frustrated	Glad
Grief-stricken	Grumpy	Guilty	Happy
Helpless	Hesitant	Hopeful	Hopeless
Horrified	Humiliated	Hurt	Indifferent
Infatuated	Insecure	Insulted	Interested
Intrigued	Irritated	Isolated	Jealous
Liking	Lonely	Love	Lust
Melancholy	Mocked	Neglected	Nervous
Numb	Optimistic	Overwhelmed	Panicked
Pity	Pleased	Preoccupied	Regretful
Rejected	Relaxed	Relieved	Resentful
Restless	Revulsion	Sad	Safe
Scared	Self-conscious	Shamed	Shocked
Sorrow	Spiteful	Stunned	Tender
Trust	Trusting	Uncertain	Uncomfortable
Vengeful	Weary	Worried	