

Understanding the Intensity of Your Moods

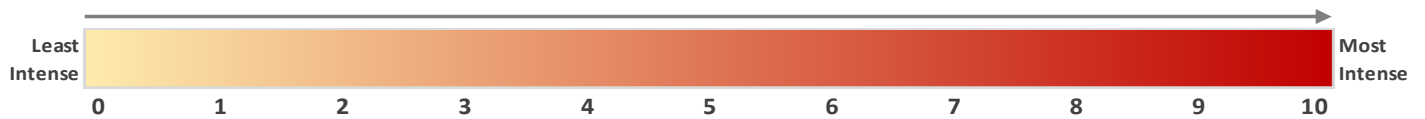


Learn how to rate the intensity of your moods.

Rate one of your moods from each specific situation in your Understanding Your Moods worksheet.

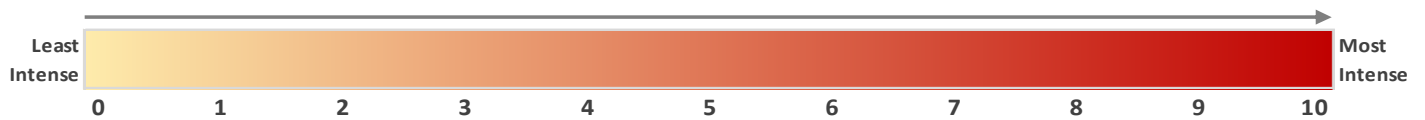
Situation # 1

Mood: _____



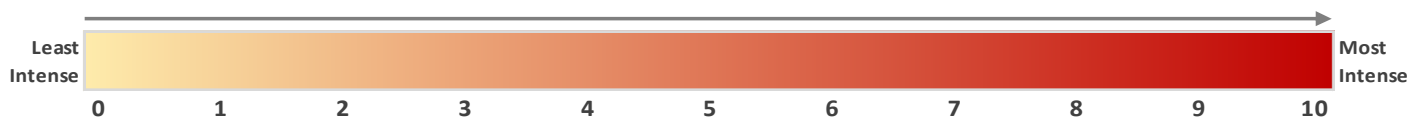
Situation # 2

Mood: _____



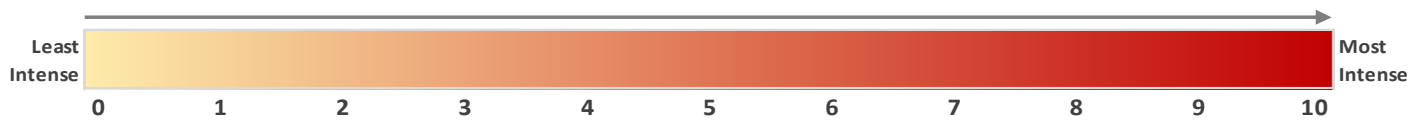
Situation # 3

Mood: _____



Situation # 4

Mood: _____



Situation # 5

Mood: _____

