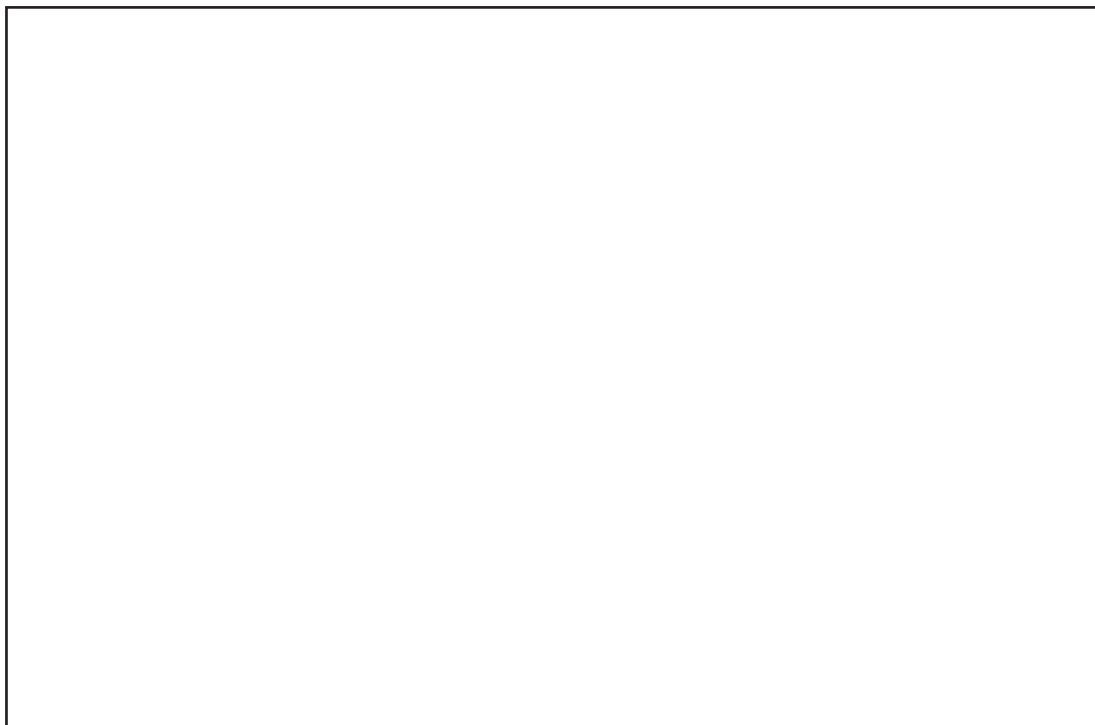




MOOD GRAPH

PROCEDURE: Draw a graph representing how your mood changes throughout the day.



QUESTIONS FOR EXPLORATION:

1. When is your mood brightest? Darkest?

2. Does your mood seem stable or does it fluctuate a lot throughout the day?

3. What measures can you take to improve your mood when you feel depressed and/or anxious?
