



FREE RESOURCE • HOPE CONNECTION THERAPY CO.

Weekly Mood Log

Recover Hope. Renew Your Mind. Restore Connection.

Checking in with yourself is a skill — and it gets easier with practice. Each day this week, **circle the face** that best matches how you felt, then jot a quick note about what happened and what helped (or would have helped). Bring this log to your next session to talk through what you notice.

MOOD SCALE



1
Struggling



2
Low



3
Okay



4
Good



5
Great

DAY	MOOD	WHAT HAPPENED / TRIGGERS	COPING SKILL / WHAT HELPED
Sunday _____ date	 circle one		
Monday _____ date	 circle one		
Tuesday _____ date	 circle one		
Wednesday _____ date	 circle one		
Thursday _____ date	 circle one		
Friday _____ date	 circle one		
Saturday _____ date	 circle one		

Noticing a pattern this week?



You don't have to sort through it alone. If you're a current client, bring this log to your next session — if you're not yet, we'd love to help you build on what you're learning here. Schedule a follow-up appointment or browse more free tools like this one on our website.

www.hopeconnection.net

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website