

- 1 = Feeling OK - no problems
- 2= Having some trouble, but in control
- 3= Losing control; triggered; feeling dissociative

- 4= Need help/PRN=s/IR -least grounded
- 5= Extremely scaared and/or angry
- Need IM=s; Quiet Room

COMMENTS		I FEEL	COMMENTS		I FEEL
7:00 AM			3:45 PM		
7:15 AM			4:00 PM		
7:30 AM			4:15 PM		
7:45 AM			4:30 PM		
8:00 AM			4:45 PM		
8:15 AM			5:00 PM		
8:30 AM			5:15 PM		
8:45 AM			5:30 PM		
9:00 AM			5:45 PM		
9:15 AM			6:00 PM		
9:30 AM			6:15 PM		
9:45 AM			6:30 PM		
10:00AM			6:45 PM		
10:15AM			7:00 PM		
10:30AM			7:15 PM		
10:45AM			7:30 PM		
11:00AM			7:45 PM		
11:15AM			8:00 PM		
11:30AM			8:15 PM		
11:45AM			8:30 PM		
12:00PM			8:45 PM		
12:15PM			9:00 PM		
12:30PM			9:15 PM		
12:45PM			9:30 PM		
1:00PM			9:45 PM		
1:15PM			10:00PM		
1:30PM			10:15PM		
1:45PM			10:30PM		
2:00PM			10:45PM		
2:15PM			11:00PM		
2:30PM			11:15PM		
2:45PM			11:30PM		
3:00PM			11:45PM		
3:15PM			12:00AM		

Lists of Feeling Words

Negative Moods

Depression/Dejection

Sad	Bored
Blue	Gloomy
Helpless	Grim
Hopeless	Low
Miserable	Rejected
Worthless	Hurt
Discouraged	Sorry
Unhappy	

Anxiety/Tension

Shaky	Tense
Restless	Nervous
Anxious	Fearful
Panicky	Insecure
Terrified	Frightened
Bashful	Shy
Worried	Confused

Fatigue

Exhausted	Listless
Fatigued	Sluggish
Weary	Wilted
Lifeless	Tired

Anger/Hostility

Anger	Frustrated
Resentful	Spiteful
Bitter	Agitated
Furious	Critical
Disgusted	Enraged
Annoyed	Irritated
Mad	Outraged
Self-critical	

Other Negative Mood States

Bewildered	Alone
Jealous	Upset
Ashamed	Guilty
Incompetent	Stupid

Positive Moods

Energy/Vigor

Active	Lively
Peppy	Vigorous
Energetic	Enthusiastic
Adventurous	

Happy/Joyful

Cheerful	Happy
Excited	Pleased
Amused	Hopeful
Delighted	Gay
Glad	Joyful
Thrilled	

Relaxed/Calm

Gentle	Peaceful
Calm	Relaxed
Contented	

Close/Warm

Loving	Warm
Devoted	Safe
Secure	Tender
Sexy	Turned-on
Close	Loved
Friendly	Affectionate
Whole	Sympathetic

Other Positive Mood States

Agreeable	Cooperative
Confident	Inspired
Lucky	Ambitious