

# Online CBT Resources

## Mood tracker

Use the mood tracker to find links between specific situations or activities and how you feel.

Tracking your mood, or some other aspect of your experience such as pain or fatigue, is an essential component of CBT. The rationale for keeping track of our experience is that we can make better choices about our activities if we can see a clear link to how they make us feel. It can also help us understand how we cope in those situations.

Start by choosing the experience you want to track: this could be depressed mood, elevated (manic) mood, anxiety, irritability, pain, fatigue, loneliness etc. Then think about a time when this experience was especially bad for you, about as bad as you could imagine it being: use this situation as your anchor. For example, "I was most depressed the day my partner and I split up". Imagine on a scale of 0 to 10 that the experience you've just described was a 10, and 0 is the complete absence of that feeling. Whenever you rate your mood, or other experience, compare it to your personal "10".

Using an anchor makes our personal ratings more sensitive and more accurate. If you woke up this morning feeling down, depressed and hopeless, you will probably be tempted to call it a "10", and if it is as bad as your personal "10" then record it that way; if it is not quite as bad as that, you might find it helpful to give it a lower score.

Keep track of your scores for at least a week and then think about what you have learned from them. Look for patterns across the day or week: are mornings or evenings better or worse and what effect does that have on what you do? Are certain situations or activities more or less difficult to manage? The answers to these questions will help you to learn more about your triggers and sensitivities so that you can organise your life towards doing more of what helps and, ultimately, feeling better.

Mood or experience you are tracking: \_\_\_\_\_

Day/time	Early morning <i>(Intensity (0-10))</i>	Late morning <i>(Intensity (0-10))</i>	Early afternoon <i>(Intensity (0-10))</i>	Late afternoon <i>(Intensity (0-10))</i>	Evening <i>(Intensity (0-10))</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					