MOOD log

Track your mood twice a day, aiming to check in around the same two times each day. If you are unable to identify how you feel, that's ok and is a valid response. Validate it, then continue on with the next steps. After rating the intensity of any physical sensations present, take 5-10 deep breaths and repeat the exercise once more. Over time, review your mood log for any insights or patterns that emerge.

DATE/TIME	EMOTION	VALIDATION	LOCATION	DESCRIPTION	INTENSITY