

## Daily Mood Tracker

*Track your mood, increase awareness, and build emotional insight*

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### Why Use a Mood Tracker?

Tracking your mood daily can help you:

- Identify patterns in how you feel
- Understand emotional triggers
- Notice how habits, relationships, or routines affect your mental health
- Catch shifts in mood early before they escalate
- Recognize unhelpful thought patterns and practice new ways of thinking (CBT)
- Connect how your thoughts, emotions, and behaviors influence one another

In DBT and coaching-style therapy, we use mood tracking not just to observe emotions—but to build awareness and make intentional changes. Adding CBT strategies helps you spot the thought patterns that keep you stuck and actively practice healthier ones.

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### How to Use This Tracker

Each day, take 2–3 minutes to fill in the prompts. Do it at the same time daily (e.g., before bed or after dinner) to build a habit.

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## Daily Mood Tracker Template

Date: \_\_\_\_\_

Overall Mood Today:

- Very Low
  - Low
  - Neutral
  - Good
  - Very Good
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### Emotions & Triggers

What emotions did I notice today?

(e.g., anxious, angry, joyful, numb, irritated, calm)

→ \_\_\_\_\_

What triggered these emotions?

→ \_\_\_\_\_

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### Thoughts & Beliefs (CBT Focus)

What automatic thoughts came up today?

→ \_\_\_\_\_

Were these thoughts: (check all that apply)

- All-or-nothing / black-and-white
- Catastrophizing ("what if everything goes wrong?")
- Mind reading / assuming what others think
- Self-criticism ("I'm not good enough")
- Other: \_\_\_\_\_

Balanced or alternative thought I want to practice:

→ \_\_\_\_\_

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## Responses & Skills

How did I respond?

- Reacted impulsively
- Used a DBT skill
- Asked for support
- Avoided or shut down
- Handled it with awareness

DBT Skills I Used Today (check all):

- Mindfulness – Observing without judgment
- Distress Tolerance – Getting through tough moments (e.g., TIPP, self-soothe,

IMPROVE)

- Emotion Regulation – Checking the facts, opposite action
  - Interpersonal Effectiveness – Boundaries, DEAR MAN, GIVE
  - Wise Mind – Balanced decision-making
  - Radical Acceptance – Letting go of what I can't control
  - Cope Ahead – Planning for challenges
  - Other: \_\_\_\_\_
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## Wellness & Habits

What helped me feel better or stay balanced?

→ \_\_\_\_\_

Sleep Quality (0–10): \_\_\_\_\_

Energy Level (0–10): \_\_\_\_\_

Movement Today:

- None
  - Light (walk, stretching)
  - Moderate
  - High-intensity
  - Other: \_\_\_\_\_
- 

## Reflection

What I want to remember for tomorrow:

→ \_\_\_\_\_

One action or thought I want to carry into tomorrow (CBT reframe or DBT skill):

→ \_\_\_\_\_